



**EAMDA – 40 th Annual
General Meeting**

Active role as life style
Ivanka Jovanović

Muscular Dystrophy Association of Serbia
Vice-president of EAMDA

**IT IS BETTER TO LIVE YOUR DESTINY IMPERFECTLY
THAN LIVE THE IMITATION OF SOMEBODY ELSE'S
LIFE PERFECTLY**

Role theory



There are three main groups of role:

1. Body/physiological

2. Psychological

3. Social rols

Importance of our roles



- **The quality of our life depends on the number, differences and development of the roles.**

My social roles



- **In my life, there are a few groups of role which they are specifically important; I will represent myself through social roles like:**
 - 1. Family role**
 - 2. The role of disability movement activists**
 - 3. The role of trainer from area management**
 - 4. The role of friends**
 - 5. The role of partner**
 - 6. The role of passengers**
 - 7. The role of self-development**

Family role – me as a daughter and a sister

- **The person I am today is connected with my childhood and family – my parents and my older sister. This is how I looked many years ago (I am this little girl) and these are the persons who were and still are the most important in my life.**



Family role – me as a daughter, sister, aunt...

- **This is my family today, many years later. It is somewhat changed but it is still the core of my existence.**



Family role – me as a sister and aunt...

- **This is the period in which I was able to return my support to them. My sister's daughters, to whom I am an aunt, a friend and a spiritual mother, have a special place in my life...**



The role of employees



- **My job has an extremely important role in my life. Since I graduated, I began living independently, because I got a job. Since then I have been supporting myself by my own work.**



The role of employees

- **The role of the Vice-President of EAMDA is of special importance for my professional development.**



The role of trainer from area management

- **As far as my professional career is concerned, there is another job which is very important to me – this is the job of a management trainer. For almost 10 years, as a temporary job, I hold workshops, seminars, facilitate meetings and similar.**



The role of friends

- **My friends represent a very important pillar of stability for me.**



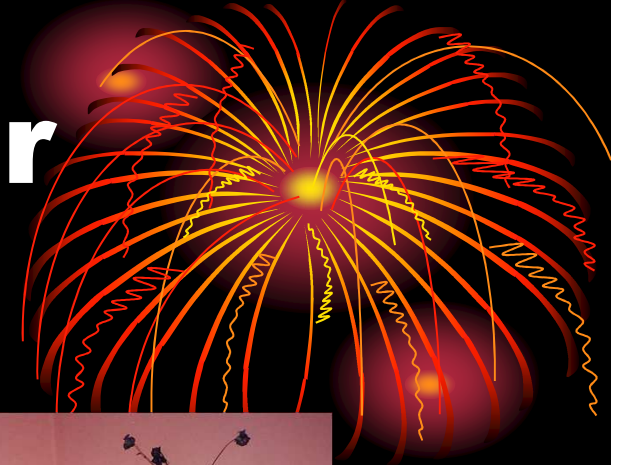
The role of friends

- **Some of my friends are from my school, from my faculty, and then there are also friends I have met in many different ways....**



The role of partner

- **The quality of all above-mentioned relationships and experiences I have gained for years is reflected most in a possibility to emphasize the role of partner as the important one.**



The role of passengers

- **This is one of the greatest priorities of my life – journeys. My adventure spirit has taken me to various exciting destinations since my students' days.**



The role of passengers



The role of passengers



The role of passengers



The role of self-development



Life learning approach is one of my basic life principles.

It means for me:

- **improve new relationships all the time,**
- **develop personal characteristics,**
- **improve my ethical relation to the World,**
- **nourish my spirituality,**
- **find ways to transfer this value to others.**

After all my journeys, after all my professional obligations...

