

Inspiring the first unified generation.

Special  
Olympics  
Virginia



Global Messenger

# Megan Claire Shepard

**Years Involved with Special Olympics:** 6 years

**Hometown:** Virginia Beach

**Sports:** Basketball, Volleyball, Tennis and Swimming. World Games Competitor in 2015.

**Educational History:** Cox High School, Woodrow Wilson Training Center

**Employment History:** Internship with Sugarplum Bakery

**Career Goals:** "Right now I am concentrating on being a positive role model and representing the Special Olympics as a Global Messenger. I am also training for the next World Games. I will use my experiences to help my interviewing skills when I apply for a job in the future. I would like to work in a bakery."

**People Admired:** Helen Keller, People who don't let their disabilities hold them back.

**Why is it important to build a more unified generation?**

"As a unified generation we will work together so that we can accomplish a lot more than any one person could. We can accept that we are all differently abled, and it will allow everyone to contribute to the best of his or her ability."



*"We should all be accepted for who we are, not what we are."*

*Megan Shepard  
Global Messenger*



*Isabelle Shepard,  
Mentor*

*Global Messengers are Special Olympics Virginia athletes who help spread the message and vision of the movement as well as the benefits gained by participation in Special Olympics. Global Messengers deliver a powerful message of respect, inclusion, unity and attitudinal change. For more information regarding the Special Olympics Virginia Global Messenger program please contact David Pawlowski at 804-726-3034 or dpawlowski@specialolympicsva.org.*