

# One Day in the Chair™

*“I never knew.”*

A disability awareness experience that changes how people think, feel, and lead.

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## The idea

Most people have never spent a single day navigating the world in a wheelchair or mobility device. One Day in the Chair™ changes that — not through a lecture or a video, but through direct physical experience.

Participants who are not disabled complete the event in a wheelchair. Those who use mobility devices compete as themselves. An obstacle course, a timed race, and the everyday challenges in between — doors, ramps, surfaces, crowds — teach what no classroom or rehabilitation clinic can.

## What participants walk away with

- A physical memory — not just an intellectual understanding — of navigating disability
- Genuine empathy built through shared experience across generations, occupations, and backgrounds
- Connections with people they would never otherwise meet in the same space
- A story they will tell — because it's the kind of day people remember

## Who it's for

- Schools and universities — students, faculty, and staff
- Veterans' organizations and American Legion posts
- Scout troops and youth organizations
- Corporate teams and employee resource groups
- Healthcare and rehabilitation organizations

## What a day looks like

- Brief orientation — rules, safety, and the one rule that changes everything (no walking for able-bodied participants)
  - Obstacle course designed to replicate real-world navigation challenges
  - Timed race open to all participants
  - Debrief and reflection — where the real learning lands
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## About the founder

Victoria Mavis has lived with a walking disability since the age of four. She is a retired HR professional with 30+ years of experience at Fortune 500 companies, a published author (Every Scar Tells a Story), a disability employment specialist, and an American Legion volunteer along with experience with other non-profit organizations and community events.

She created One Day in the Chair™ after running the first mobility race at her Legion post — an event that drew local press coverage before it even launched. She didn't design a program. She designed an experience. This is what it grew into.

## Partnership & contact

One Day in the Chair is available for sponsorship, co-hosting, and organizational partnership. Equipment, venue, and logistics support are welcome in any form.

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