

Audrey Presby & Jeremy Fraser

2:00 - 3:15PM



Life by Design: Creating the Future You Imagine

This session empowers self-advocates, families, and educators to take an intentional approach to building a meaningful life — one shaped by purpose, passion, and possibility. “Life by Design” encourages participants to dream big, set goals, and create a roadmap for the future they imagine — whether that’s pursuing a career, independent living, creative passions, or community leadership. Drawing on real experiences, this session blends storytelling, practical tools, and inspiration to help individuals with Down syndrome and their families see that a fulfilling future isn’t left to chance — it can be designed, one choice at a time.

Audrey Presby and Jeremy Fraser are a dynamic duo using their talents, lived experiences, and shared purpose to inspire change and uplift others. Lifelong friends turned couple, they are approaching their fourth anniversary and continue to grow together—as partners in life and in advocacy. As co-hosts of The Audrey and Jeremy Show, they interview “World Changers”—entrepreneurs, artists, advocates, and dreamers shaping their communities. Their work has been featured on the BBC, MSNBC News, and Mother Jones Magazine, and they’ve appeared on leading disability-advocacy podcasts, including The Lucky Few, Think Inclusive, and Bold Voices Soft Hearts. They are also repeat presenters at Club 21’s Tools for the Journey conference and Relationship Seminar. With warmth, curiosity, and unmistakable chemistry, Audrey and Jeremy spark meaningful conversations that celebrate inclusion and challenge assumptions.

