### **MIX AND MATCH THESE COURSES**

For Lived Experience Advocates & Representatives All courses can be expanded to cover concepts in more depth, or streamlined to focus on particular areas of interest. Available online or in person.



## **Courses Available**

### Advocacy Foundation Program

This program provides a foundation for lived experience advocates and representatives and delivered by facilitators with a lived experience. The program is suitable for any lived experience person undertaking representational and other roles. We explore advocacy, emotional triggers, briefing and debriefing, communication skills, self-reflection, and selfevaluation, looking after yourself, what to do if you are not feeling listened to, and maintaining momentum and enthusiasm.

## Using Personal Stories to Influence

This session explores how to develop your personal story so it can be used to positively influence and motivate change in lived experience advocate or representation roles.

We explore the naked truth versus storytelling and how to bring lived experience to life through storytelling.

You will learn how you can use your lived experience stories to enter the hearts and minds of those you need to influence.

## Boundaries in Lived Experience Work

We have all heard the airline safety message, "fit your own oxygen mask first, then proceed to assist others". Setting good boundaries in lived experience work ensures you are merely taking care of yourself, putting your own oxygen mask on, so you can be a more effective advocate or representative. We will explore core values, types of boundaries, safe story telling, conflicts of interest, boundary violations and being and tips for boundary setting.

#### 2 x 2 hour sessions

2 hour session

#### 2 x 2 hour sessions

# **Contact us now:** admin@livedexperienceaustralia.com.au

### **COMMUNITIES OF PRACTICE**

For Lived Experience Advocates & Representatives Create a supportive learning community and develop skills, confidence and networks for lived experience advocates and representatives.



## **Program Overview**

#### **Topics Covered**

Offered over a series of 6 separate sessions with a frequency of your choosing, this program explores:

- Advocacy Skills
- Understanding and overcoming emotional triggers
- Self reflection and identifying values
- Looking after yourself
- Communication skills
- Telling your personal lived experience story
- What to do if you are not feeling listened to

#### **Online Learning**

Each Community of Practice will have their own online learning group providing access to:

- Videos, readings and activities to support learning
- Group discussion forums

The online learning group is moderated and supported by an experienced facilitator.

Participants have access to the online resources after completing the program.

#### Alumni Membership

All graduates of our Communities of Practice Program will receive free membership to our Alumni program.

This program offers two free events per year where Alumni members come together as a larger community, hear from a specialist guest presenter and have an opportunity to build their networks.

Alumni members are also invited to exclusive events, discounted training offers and more!

#### 6 x 2 hour sessions

#### **Online Forums**

#### Free access

This program can be held online or in person, with sessions held weekly, fortnightly, monthly or times to suit participants.

## **Contact us now:** admin@livedexperienceaustralia.com.au

#### **WEBINAR OPTIONS**

# For Lived Experience Advocates & Representatives

See our webinars below for examples of other topics we can customise for you. Contact us today to work out the best options for your advocates and representatives, or book into an upcoming webinar





Rowena

Thursday 1 September 2022 11.00am AEST Cost: Free

#### Webinar







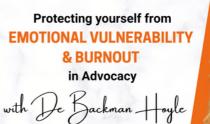


ctor of Analida Training & Consultan



Thursday 6 October 2022 11.00am AEST \$11.00 per person







## **Contact us now:** admin@livedexperienceaustralia.com.au

### **MIX AND MATCH THESE COURSES**

# For Clinicians, Staff and Leaders

All courses can be expanded to cover concepts in more depth, or streamlined to focus on particular areas of interest. Available online or in person.



## **Courses Available**

#### Trauma-informed engagement of Lived Experience

The workshop explores best practice for lived experience engagement, including common barriers to engagement and how to truly partner with lived experience representatives.

We will explore how to support those with lived experience to tell their stories in safe ways and how you can be support them in this role before, during and after using a trauma-informed approach.

#### Establishing & improving lived experience committees

This workshop supports organisations seeking to introduce or improve how they integrate lived experience input into service design, delivery and/or evaluation.

With practical tools to assess your current level activities and strategies to support dynamic, safe and shared opportunities for input.

Go beyond 'consul-telling' to true collaboration at your service.

#### 2.5 hour session

2.5 hour session

#### Best practice in consumer and carer inclusion

This workshop explores best practice strategies for engaging and including consumers and carers in meaningful ways into patient-centered care models.

Consumers and carers are in the unique position of being able to provide valuable information and insight through their lived experience.

This workshop can be customised to focus on specific areas of interest.

#### 2 x 2 hour sessions

## **Contact us now:** admin@livedexperienceaustralia.com.au

# For Clinicians, Staff and Leaders

See our webinars below for examples of other topics we can customise for you. Contact us today to work out the best options for your organisation, or book into an upcoming webinar.



#### Webinar

How neuro-diversity could help teach us trauma informed skills

with rish ran NDIS Recovery Coach, Facilitator & Practitioner



dnesday 21 September 2022 11.00am AEST \$11.00 per person





Organisational Readiness for the Family/Carer Lived Experience Workforce





Thursday 4 August 2022 11.00am AEST \$11.00 per person



#### Webinar

Intersectionality: How to work with the intersection of mental health, culture, religion, and LGBTIOA+ lived experiences



Director of Ananda Training & Consultancy



Thursday 6 October 2022 11.00am AEST \$11.00 per person





# **Contact us now:** admin@livedexperienceaustralia.com.au

### **ONLINE COURSES & WEBINARS**

# For Clinicians, Staff and Leaders

We have a number of existing modules available on our online learning site



#### **Online Course**

#### **Best Practice in Consumer & Carer Inclusion**

This 5-part series aims to inform and support health professionals, providing practical guidance on how to involve consumers and carers in a meaningful ways into patient centred care models.

Earn 2.5 RANZCP CPD points for completing all 5 modules and 5.0 ACMHN CPE points.





#### Online Course Carer Partnership Standards

#### These six modules explore each of the partnership standards within the Practical Guide for Working with Carers of People with a Mental Illness.

Recovery-oriented practice recognises the unique role of personal and family relationships in promoting wellbeing, providing care, and fostering recovery across the life span. These modules provide key strategies to support





#### Incorporating Lived Experience

This webinar series supports staff, practitioners and hospitals to understand the benefits of, and develop strong consumer and carer inclusion, according to Standard 2. They are also offer great tips for other mental health organisations on how to engage with consumers and carers in service development, delivery and evaluation.





#### Webinar

Trauma Informed Engagement of Lived Experience Representatives





## **Contact us now:** admin@livedexperienceaustralia.com.au

#### Access these courses from: learn.livedexperienceaustralia.com.au