

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.



Lived Experience
A U S T R A L I A

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 self-evaluation, looking after yourself, what to do if you are not feeling listened to, and maintaining momentum and enthusiasm.

2 x 2 hour sessions

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.

2 hour session

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

Contact us now:

admin@livedexperienceaustralia.com.au

Online learning site

learn.livedexperienceaustralia.com.au

For Lived Experience Advocates & Representatives

Create a supportive learning community and develop skills, confidence and networks for lived experience advocates and representatives.



Lived Experience
A U S T R A L I A

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

6 x 2 hour sessions

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.

Online Forums

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!

Free access

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

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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



Lived Experience
AUSTRALIA

Writing for Wellbeing
An interactive writing workshop with a difference. An opportunity to connect to self and others through a series of playful, guided writing activities. This is collaborative story-weaving at its' most innovative.

with Rowena Jones
Author and Lived Experience Practitioner

Webinar



Thursday 1 September 2022
11.00am AEST
Cost: Free



Webinar
Intersection of culture and mental health
with Emily Unity



Lived Experience AUSTRALIA

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


with Budi Sudarto
Director of Ananda Training & Consultancy



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



Protecting yourself from
EMOTIONAL VULNERABILITY & BURNOUT
in Advocacy
with De Backman Hoyle



Lived Experience AUSTRALIA

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MIX AND MATCH THESE COURSES

For Clinicians, Staff and Leaders

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Lived Experience
A U S T R A L I A

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.

2.5 hour session

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 'consulting' to true collaboration at your service.

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

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WEBINARS

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.



Lived Experience
A U S T R A L I A

Webinar

How neuro-diversity could help teach us trauma informed skills

with *Trish Tran*
NDIS Recovery Coach, Facilitator
& Practitioner



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



Webinar

Organisational Readiness for the Family/Carer Lived Experience Workforce

with *Susan Preece*
Family/Carer Consultant



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 LGBTIQ+ lived experiences

with *Budi Sudarto*
Director of Ananda Training & Consultancy



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



Webinar

Why do we need our services to become 'multilingual' in their frameworks of understanding?

with *Trish Tran*
NDIS Recovery Coach, Facilitator
& Practitioner



Wednesday 31 August 2022
11.00am AEST
Cost FREE



Contact us now:
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Online learning site
learn.livedexperienceaustralia.com.au

