



NEW

SHARING PROFESSIONALLY



2 x 4-hour
workshops

1 x 4-hour
presentation day



Groups limited to
10 participants



\$180 per person



Perth CBD

*Learn to share your lived experience
with confidence and purpose.*

When you share your lived experience in professional settings, you have the power to influence attitudes, reduce stigma, and create meaningful change.

Turn your lived experience into an ethical and impactful public presentation with our brand new workshops.

www.waamh.org.au



WAAMH

Designed for people with lived experience, by people with Lived Experience, this series of workshops will help you refine your narrative, build presentation skills, and develop robust self-care strategies for before, during, and after public speaking events.



Suggested Pre-requisites

Consumers of Mental Health WA's online training – Sharing Safely.

Access to a device to create a presentation (e.g. laptop or tablet).

What You'll Gain

An authentic, polished lived experience presentation.

Increased confidence and self-care strategies for public speaking.

Understanding of emotional safety – so sharing doesn't come at the cost of your wellbeing.

Meet Your Facilitator

Michele is a skilled Lived Experience Speaker with a professional background in Peer Work. Bringing warmth, authenticity, and peer-work principles to her sessions, Michele will walk alongside you in your learning journey.



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