



**“Voices of In-Sight”**  
**a lived experience speakers hub**  
*inspiring lives one story at a time*

***Who is Roses in the Ocean?***

Roses in the Ocean was founded on, and operates through the lens of lived experience of suicide. We exist to change the way suicide is spoken about, understood and prevented, and pride ourselves on successfully operating at a grass roots level within communities and at a strategic and operational level with non-government organisations, the private sector and government.

As a lead organisation for lived experience, we offer a range of capacity building workshops including a national Lived Experience Speakers Hub “Voices of In-Sight”, and a Mentoring Program for people with a Lived Experience of suicide.

All Roses in the Ocean programs and workshops are lived experience informed and delivered.

***What do you mean by “lived experience”?***

**Roses in the Ocean defines lived experience as . . .**

***...having experienced suicidal thoughts, survived a suicide attempt, cared for someone who has been suicidal, or been bereaved by suicide.***

***Who delivers the “Voices of Insight” speakers training?***

The “Voices of In-Sight” program has been designed by and is delivered by professional Facilitators who have a personal lived experience of suicide. Our Support Facilitators also have a lived experience of suicide, have been through the program and are actively speaking in their communities. Everyone involved in the speakers hub is part of the wider Roses in the Ocean Collective.

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### ***What does the training consist of?***

The “Voices of In-Sight” speakers training starts with an informal get together for a quiet drink and light dinner the night before the program commences. This provides a relaxed opportunity to meet the people you will share the next two days with, and ensures there is a familiar face in the morning. The Facilitators attend this evening event so you can meet them too.

The program itself runs over 2 days and is a highly reflective, facilitated process where you are afforded the gift of time . . . time to reflect and explore your own story, time to connect with others who have walked in similar shoes, time to hear different perspectives of suicide, and time to develop a structured, well messaged story that will have a positive impact on whoever has the privilege of hearing it.

### ***Are you ready to share your story?***

It is really important that this is the right thing for you to do, for the right reasons, and that it is the right time for you to be considering becoming involved in suicide prevention activities.

Please read the ‘Am I Ready’ document before applying to participate in the Speakers Hub. It can found on our website - <http://rosesintheocean.com.au/speakers-hub/>

### ***Once trained what happens next?***

After completing the “Voices of In-Sight” program, you will continue to work on your story and speech with your Facilitators and Mentor, who you will be assigned to at the end of the program. We ask that you present your story to a small ‘safe audience’ of family or friends and debrief your experience with your Mentor.

Once this has occurred and you feel confident with your presentation, then we will provide you with a Speakers Resource Kit to support you in approaching organisations, clubs, community groups in your local area for speaking opportunities. Roses in the Ocean will also promote the Speakers Hub and advise you of any opportunities within your area.

***It is always your decision to accept or decline a speaking opportunity.***

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### *Who will I have the opportunity to speak to?*

Once you have completed your training, presented your story to your safe audience and refined everything with your Mentor, you are then ready to accept speaking engagements, and indeed, seek our speaking opportunities in your local community.

You may present in a wide range of locations, including social sector organisations and corporate workplaces across all industries. Organisations can request a speaker at any time of the year and our peak times include September, for World Suicide Prevention Day (10 September) as well World Mental Health Month in October.

### *How do I apply?*

Download and complete your Expression of Interest form:

<http://rosesintheocean.com.au/speakers-hub/> )

Please return your completed form to us at [livedexp@rosesintheocean.com.au](mailto:livedexp@rosesintheocean.com.au)

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