



Roses in the Ocean  
stemming the tide of suicide

## TIPS FOR A POSITIVE SPEAKING EXPERIENCE

- Think about what you hope to take away from speaking – what are your expectations? Are they realistic?
- Seek assistance from the mentor call back service or Roses staff for help in writing, preparation and feedback.
- Know who you are speaking to, how long you need to speak for and adjust your story appropriately.
- Know where you have to go, when you have to be there, your contact and what equipment will be available to you.
- Allow enough time for 'you' time to sit in the sun, or a quiet space to gather your thoughts.
- Be flexible and allow yourself to change if things don't go to plan.
- Make use of the support being offered at the event.
- Create or revisit your 'self-care plan'-
  - > Who are people you can talk to prior to the event?
  - > Who are people you can talk to at the event?
  - > Who can you call after the event?
  - > Is there somewhere close by to the event where you can take time out when you feel like some breathing space?
  - > Plan something that gives you pleasure, calms you after the event.
- Remember that your lived experience and story is just as valued and important as anyone else's.
- Be prepared for conversation after the event, people will want to talk and share with you.

### **How can I politely let people know that a conversation is not good for me?**

*"I recognise that this is a really useful conversation for you, but at this moment it's not great for me, so with all respect I'm going to step away"*

*"I'm not comfortable answering that question"*

*"Some parts of my story are very private to me and I have chosen not to share those aspects"*

*"Every lived experience is so valuable – my experience was different to that, and that's okay that we have different perceptions"*

