OUR VOICE IN ACTION

Our Voice in Action is a 2 day capacity building workshop designed to develop the skills required to meaningfully participate in suicide prevention activities, encourage connectedness, self-care and gain clarity in what direction you would like to lend your lived experience voice to. It provides the framework to explore your lived experience and how it can be combined with other skills for the greatest influence and impact.

On completion of the workshop, you will be linked into your location suicide prevention organisation. Your Roses in the Ocean Mentor will support you while you forge relationships and connections in your community.

All Roses in the Ocean programs and workshops are lived experience informed, designed and de-livered by professional facilitators who also have a personal lived experience of suicide.

DURATION OF THE WORKSHOP

2 days (with an informal meet and greet on the evening before or the morning of day one).)

WHO IS THE WORKSHOP FOR?

Our Voice in Action is a foundational workshop for people with a lived experience of suicide who are ready and keen to explore opportunities to be involved in suicide prevention activities.

This program is the foundational training for Lived Experience Advisory & Reference Groups for organisations and Primary Health Networks.

ON COMPLETION OF THIS WORKSHOP, YOU CAN EXPECT TO BE ABLE TO:

- Identify the key messages within your lived experience story that others can benefit from.

- Appreciate the wide range of lived experience perspectives, and the wisdom they offer dispel common myths & misconceptions about suicide through lived experience perspectives and facts.

- Understand how your preferred working styles, communication style and personality type can be best utilised in various suicide prevention activities.

- Implement your self care plan and activate your support networks as required.

- Contribute meaningfully to suicide prevention in your local community.

- Participate actively as a member of the Roses in the Ocean Lived Experience Collective.

Roses in the Ocean
stemming the tide of suicide

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