



Sharing your story is just the beginning

The [Voices of In-Sight](#) workshop 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, impactful message. Sharing your lived experience of suicide story may be just the beginning of you contributing to how suicide and suicide prevention are thought about and approached though.

On completion of the workshop, you will have the opportunity to continue to work on your story with a [Roses in the Ocean](#) Mentor, until you are ready to present it to a friendly audience.

All [Roses in the Ocean](#) programs and workshops are lived experience informed, designed and delivered 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?

[Voices of In-Sight](#) is for people with a lived experience of suicide who want to contribute to suicide prevention in some way - this may be through sharing your story publicly - either through organised speaking engagements or incidental conversations, or it may be by leveraging your insights to be a catalyst of change in various aspects of suicide prevention.

Completion of the [Our Voice in Action](#) program is preferable but not compulsory.

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, and communicate your story using appropriate language and safe content.
- Apply the [Voices of In-Sight](#) story structure to create an impactful speech, share your personal insights, and understand ways in which you can adjust your story for a variety of audiences.
- Implement your self care plan and recognise the importance of doing so.
- Incorporate current suicide prevention knowledge, statistics and activity into presentations.
- Participate actively as a member of the [Roses in the Ocean](#) Collective.
- Be curious about how you can utilise your lived experience insights to contribute to suicide prevention in a way that aligns with your passion for change.

