



Course Outline

Experts by Experience III:

Magical Presentations - Sharing and Presenting Your Story (2 Days)

Minimum and Maximum Learners: 06 - 12 Duration: Two Days Timings: 10:00 – 16:30

Suitable for

Anyone who is disabled, has a learning disability, sensory impairment or long-term health condition (including mental health issues) wishing to their *Voice and Lived Experience to Create Positive Change*.

Those who have already attended both: Experts by Experience I: Getting Your Voice Heard to Influence Policymakers and Service Development and Experts by Experience II: Getting Your Voice Heard to Influence Policymakers and Service Development

Aim

This session will focus on why it is important to share our lived experience and stories as *Experts By Experience*.

We will explore the **basics of presentation skills** so that you can share your story and deliver effective presentations – giving your message impact. You will be able to raise awareness with policymakers, health and social care professionals and influence positive change.

Learning Outcomes

By the end of the course, you will be able to:

- ✔ **Review** your existing attitudes, knowledge, and skills and your role as an Expert by Experience.
- ✔ **Describe** the personal impact of disability and define the key messages you would like to share.
- ✔ **Identify** fears about presenting and public speaking and apply strategies to manage them.
- ✔ **Use** the '6 Universal Questions' tool to prepare, structure and deliver a presentation.
- ✔ **Create** a mind map of your lived experience as a template for future presentations.
- ✔ **Apply** the Must-Should-Could tool to prioritise content for different audiences.
- ✔ **List** audio-visual aids and techniques to maintain audience attention.
- ✔ **Practice** techniques to handle nerves and difficult emotions.
- ✔ **Deliver** a short presentation telling your story and receive peer feedback to develop your skills.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

Other Courses to consider [\(Visit my website for details of these and other courses\)](#)

- ➔ Basic Counselling Skills: For Those Providing Peer Support to Others (2 Days)
- ➔ Dealing with Stress and Boosting Wellbeing
- ➔ EDI: Disability Awareness
- ➔ EDI: An Introduction to Equality, Diversity and Inclusion (Frontline Staff and Volunteers)
- ➔ Influencing and Persuading Skills
- ➔ Interpersonal Communication Skills
- ➔ Mental Health Awareness
- ➔ Peer Support Skills
- ➔ Providing Telephone Support
- ➔ Protecting Client Confidentiality and Professional Boundaries

