



# Course Outline

## Experts by Experience I: Getting Started (2 Days)

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

### Suitable for

---

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

### Aim

---

To provide an overview of the role of *Experts By Experience* and how those with lived experience can use this to *raise awareness and create positive change*. The course will also focus on the social/disability model of care. We will also explore the issues of confidentiality and boundaries.

### Learning Outcomes

---

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

- ✔ **Define** what “Experts by Experience” means and **describe** their role in organisations.
- ✔ **Explore** fears or barriers to becoming an Expert by Experience and **identify** ways to overcome them.
- ✔ **List** the benefits of being an Expert by Experience for you and others.
- ✔ **Compare** the medical model and social/disability model of care.
- ✔ **Explain** the Engagement Ladder and **distinguish** between consultation, engagement, participation, co-production, and co-design.
- ✔ **Outline** the principles of confidentiality, boundaries, safeguarding, and equality when sharing personal experiences.

- ✔ **Identify** key UK laws and guidance that support co-production (e.g., Care Act 2014, NHS Long Term Plan).
- ✔ **Describe** the principles of co-production (equality, shared decision-making, reciprocity) and **recognise** their benefits.
- ✔ **Recognise** what good co-production looks, sounds and feels like and **evaluate** how it supports rights-based, person-centred approaches.
- ✔ **Analyse** common barriers to co-production and **outline** strategies to overcome them, including building trust and working collaboratively.

## 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
- ➔ Developing Resilience in an Ever-Changing World
- ➔ Experts By Experience II: Getting Your Voice Heard to Influence Policymakers and Service Development (2 Days)
- ➔ Experts By Experience III: Magical Presentations - Sharing and Presenting Your Story (2 Days)

