A 1 day workshop for consumers and/or their loved ones (carers)

Facilitated by Sandy Watson

About the “Telling Your Story” Workshop

This workshop is designed to support people who want to talk in public about their own mental illness or mental distress experience, and/or those who want to speak about how the mental distress of a loved one has impacted on their lives. It is also relevant for consumer and carer peer workers.

There are many opportunities to speak in public, to raise awareness about mental health, mental illness, social and emotional distress. A speaker needs to think about several things before they speak in public.

These include, but are not confined to, issues such as what to disclose (what to talk about and what isn’t appropriate for the situation); confidentiality and privacy; maintaining good healthy boundaries when you are speaking in public; looking after your mental health; being triggered by something that happens during the presentation; saying no when you need to; what your responsibilities might be; doing a presentation competently; dealing with performance anxiety; having permission from a loved one to speak about them to others; and figuring out what the purpose of talking or public speaking is.

In reality, it takes a lot of practice to be a competent presenter and public speaker, so this workshop can only introduce people to the things they need to do to prepare for a situation when they deliver a presentation, give a talk, or are interviewed by the media about their experiences. Previous participants have said they felt a lot more confident after doing the workshop.
About the Facilitator
Sandy Watson is the facilitator of the Foundations of Consumer Advocacy Course. She is the Consumer Education Officer at the NSWIOP, and has done extensive presenting on a variety of consumer topics. Sandy can be contacted via email: Sandy.Watson@nswiop.nsw.edu.au

Registrations
To register for this workshop, please complete the COM018 Telling Your Story Workshop Application Form (can be downloaded from our website at www.nswiop.nsw.edu.au or ask us to send you one) and return the completed form with your payment details to the Registrations Person.

Target Group
The Telling Your Story Workshop is designed for consumers (people living with a diagnosis of mental illness) and/or loved ones (often called carers).

Issues to consider when planning to tell your story
- Privacy and confidentiality
- Disclosure of personal information about yourself or others
- Keeping safe boundaries when you are speaking
- Understanding why you are telling your story
- Avoiding voyeurism
- Purposeful storytelling.

Preparing for a talk or presentation
- Planning for a talk or interview or presentation
- Knowing and responding to your audience
- Potential responsibilities and obligations that you might have
- Dealing with performance anxiety
- Tips for presenting to an audience
- Payment issues.

There will be some practical elements to the workshop

There will be small group exercises and discussions

There will be some short videos to watch where consumers or carers are speaking.

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