

## AMBASSADOR PROGRAM 2019

Mental Health Victoria and BPD Community join together to bring to you a training program designed to teach people with lived experience how to present their story to different audiences.

Participation in the program does not mean an obligation to speak out rather it is preparation for when the time is right for you to speak.

In Victoria we have a Royal Commission into Mental Health in Victoria - they are asking for written submissions. From time to time, BPD Community wants speakers - sharing your story with others is a powerful experience for the speaker and the listener.

We are proud to bring you this opportunity.

### ADDRESS

Mental Health Victoria  
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### CONTACT US

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*for people with lived experience*

# BPD AMBASSADOR PROGRAM

2019

*A BPD Community and Mental Health Victoria initiative to prepare people to tell their story.*



## AMBASSADOR PROGRAM AGENDA



### WILL I OR WON'T I?

The first step is to make a commitment to learn how to speak out. So that if and when the opportunity arises, you will be prepared.



### SPEAKING OUT

It doesn't come easy, it needs practice. Learning the techniques, understanding the context and practicing is the second step.



### CELEBRATE

When we work together and share the experience, it becomes all the richer. The third step is working with others to achieve change.

### ● SESSION 1: INTRODUCTION

9am – 12 noon, Saturday 22 June  
Submitting to the Royal Commission, BPD explained, How BPD Community works.

### ● SESSION 2: YOUR BEST STORY

9am – 12 noon, Saturday 29 June  
How to write your best story.

### ● SESSION 3: DIFFERENT AUDIENCES

9am – 12 noon, Saturday 6 July  
Learn about what different audiences need.

### ● SESSION 4: PRESENTATIONS

9am – 12 noon, Saturday 13 July  
Participants present to each other and celebrate their work.

“Only by  
speaking out  
can we create  
lasting change”

- DaShanne Stokes -