

Sharing stories

Supporting people sharing their stories



Amplifying Maternal Voices toolkit worksheet

Prepare in advance

- Consider types of space, refreshments etc.
- Who will be sharing the space? / Will there be a separate space for speakers?
- How can you ensure there are a diverse range of speakers with lived experience?

Who is your audience? (e.g. community leaders/health professionals/decision makers)

What is your 'Plan B'? If someone can't attend in person, what alternative options do you have?
For example: another presenter, pre-recorded audio/video, written materials.

When sharing someone's story, ask them about their preference.

Consider how to value someone's time, such as offering a payment.





Set boundaries

Understand your role and think about when signposting might be appropriate.

Look after yourself

Think about how you might look after yourself after listening to challenging or triggering content.

Ask the person sharing their story how they would like to be supported. Everyone has different needs, so provide a number of choices, such as:

- A check-in conversation
- Supportive text messages
- A quiet space
- Bringing someone with them

Be authentic

How will you be honest about your role and perspectives? Explain your role and purpose clearly. What are you bringing to the table? Acknowledge your own biases and perspectives.