



Sharing stories

Sharing your story



Amplifying Maternal Voices toolkit worksheet

Prepare in advance

Who will you be sharing the space with?

Who is your audience?

Logistics, e.g. location details, timings etc.

Set boundaries

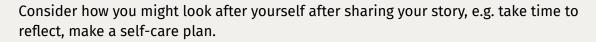
What are you comfortable sharing?



Sharing stories: sharing your story



Look after yourself



Is there someone you can have a check-in conversation with afterwards?

Be authentic

How will you be authentic about your role and where you're coming from?

Remember you're a voice, not the voice – you can only speak to your own experience, not for everyone (including within a specific community).