

# Think Out Loud

## Challenging other's perceptions & beliefs

### Do you find the following challenging?

- Dealing with difficult conversations around your disability, impairment or support needs?
- Understanding your own and others' motivations in certain situations?
- Knowing how to turn the conversation around to educate/change attitudes?
- Say what you need with confidence and inform others of your support needs

### And you are tired of:

- Explaining yourself constantly
- Putting up with unhelpful suggestions around your disability, impairment or support need
- Not having your support needs carried out

### This is for you if you are:

- a disabled person
- someone with a long term condition
- An older person



Then come and join our workshop on **Tuesday 20<sup>th</sup> August 2019, 10.30am – 1.30pm**, and learn in a relaxed and friendly atmosphere!



Lunch and refreshments will be provided, and we can organise and pay for transport if you live in Edinburgh or the Lothians.

***Workshop will run subject to sufficient numbers***



To find out more and to book, contact:  
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