**Empowering Conversations**

**Preparing to state what you need**

**LCiL’s empowering conversation workshop for disabled people and people with long term conditions will help you …**

* Give yourself the best chance of getting what you need
* Learn how to challenge decisions affecting you
* Meet new people and increase your confidence
* Hear first-hand experience from one of our **LCiL Champions!**

**The workshop is delivered in 2 sessions**

|  |  |
| --- | --- |
| **Empowering Conversations 1** | **Empowering Conversations 2** |
| **10.45am – 2.30pm** | **10.45am – 2.30pm** |
| **Tuesday 11th February 2020** **Norton Park Conference Centre****57 Albion Road, EH7 5QY** | **Tuesday 25th February 2020****Norton Park Conference Centre****57 Albion Road, EH7 5QY** |



You **must** complete Empowering Conversations 1 before you can book on to Empowering Conversations 2 but only completing Empowering Conversations 1 is fine too.

**Come and join our workshop 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:

**Lisa Milburn** at LCiL on **0131 475 2510**

or emaillisa.milburn@lothiancil.org.uk

