**Think Out Loud**

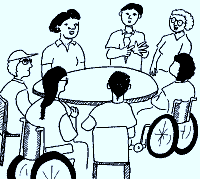
**Online Workshop**

**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 online workshop

**Session 1: Tuesday 21st July 2020, 11am – 12.00noon**

**Session 2: Tuesday 28th July 2020, 11am – 12.00noon**

and learn in a relaxed and friendly atmosphere!

**You will receive training videos and reading materials to complement sessions.**

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