**Empowering Conversations**

**Online Workshop**

**Preparing to state what you need**

**LCiL’s empowering conversations workshop for disabled people, people with long-term conditions and older people 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 over 2 sessions and will take place online via Zoom.**

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| **Empowering** **Conversations 1** | **Empowering Conversations 2** |
| **11am – 12noon** | **11am – 12 noon** |
| **Wednesday 22nd July 2020**  | **Wednesday 29th July 2020** |



You **must** attend both sessions. Some videos and written materials will be shared to enhance and support learning.

**Come, join our workshop, and learn in a relaxed and friendly atmosphere!**

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

To find out more and to book, contact:

**Kelly Jack** at LCiL on **0131 475 2350**

or emailSDS@lothiancil.org.uk