



Workshop Handbook

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Welcome! We are glad to have you here!

If you're reading this, you're probably thinking about hosting a workshop, or you know someone who should. Either way, we're glad you're here.

Integrity Initiative's workshops are not off-the-shelf training sessions. They are living, breathing collaborations created and facilitated by people with lived experience of mental health, disability, and the systems that shape both. Every workshop we deliver is grounded in real expertise: not the kind that comes from a textbook, but the kind that comes from navigating these spaces yourself.

They are also intentionally designed to meet your needs. Whether you need a one-hour introductory session or a full-day immersive program, whether your audience is clinical staff or community members, whether you want to book an existing workshop or build something bespoke, we can make it work.

Our workshops blend creativity, theory, evidence, Lived Experience Expertise, practical skills, and the human condition to explore mental health, Peer work, clinical compassion, disability, intersectionality, youth issues and beyond.

1. What Makes Our Workshops Different

Lived Experience Created and Facilitated

Every workshop is designed and delivered by people who know this work from the inside. Lived experience is not a backdrop. It is the foundation.

Fully Customisable

Every audience is different. We work with you to shape content, format, duration, and approach so it lands with the people in the room.

Interactive and Creative

No passive listening. Our workshops are hands-on, reflective, and designed to engage participants as active contributors, not an audience.

Evidence-Informed

Grounded in research, rights frameworks, and best practice, but always centred on the lived human experience, not just the literature.

In-Person or Online

We deliver across Western Australia and beyond, on-site at your organisation, in the community, or via video call.

2. How to Get Involved

There are two ways to work with us:

Book an Existing Workshop

Choose from our suite of tried-and-tested workshops. We'll work with you to schedule and tailor for your audience.

Build Your Own

Have something specific in mind? Give us a brief and we'll design a bespoke workshop for your audience, context, and goals.

You don't have to decide now. The first step is the same for both. Fill out our ten-minute booking form <https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=ugIA263uJkKBaiAp22EEOf2gFmzzmNplkpZiIkTMiG5UMUVUMzJUSkcXWkOWTIZVSkxCTURDQUcyUi4u>

You can see more information on our website, ntegrityinitiative.org.au or email rachael@ntegrityinitiative.com.au

3. Our Workshops at a Glance

Workshop	Duration	Best for
 Peers, Professions and Partnership	3 hrs + break	Peer workers, clinical staff, organisations exploring Lived Experience
 Talk About Talking	3 hrs + break	Carers, educators, community members supporting people with mental health challenges
 Grow Up	3 hrs + break	Youth organisations, educators, staff working with young people
 Word Travels	3 hrs + break	Advocates, storytellers, anyone exploring lived experience and creative expression
 Compassionate Creation	1 to 4 hrs	Health, mental health, education, advocacy. Any creative ability welcome.
 Integral Language	3 hrs + break	Clinical and patient-facing staff, Peer workers, carers
 Stretch and Learn	3 hrs + movement	Teachers, parents, anyone wanting to improve their relationship with food and body
 Create, Critique, Collaborate	Full day	Peer workers, clinical staff, community members interested in mental health

Workshop	Duration	Best for
 Dignified Decision-Making	1.5 hrs + Q&A	Clinical mental health staff navigating complex systems
 Bridging Barriers	1.5 hrs + Q&A	Clinical and community mental health staff, Lived Experience professionals
 What We Bring	90 min + Q&A	University students, people new to Lived Experience, those working alongside Peer roles
 Playing With Fire	2 hrs incl. creative	Advocates, healthcare workers, anyone at risk of burnout

Can't see exactly what you need? Every workshop can be adapted, combined, or built from scratch to suit your context and community.



Peers, Professions and Partnership
Understanding Lived Experience Expertise and the Peer workforce

About this workshop

This workshop introduces Lived Experience Expertise and the Peer Workforce. It highlights the challenges faced when engaging a Lived Experience workforce with consideration of intersectionality. It frames Lived Experience work as an adjunct to, rather than in contest with, traditional and clinical approaches to mental health.

Recommended for – Peer workers and aspiring Peer workers – Clinical staff working alongside Lived Experience experts – Organisations interested in learning more about and working with Lived Experience	Recommended structure Three hours with an additional 30-minute break Format <i>In-person or online. Fully customisable.</i>
Learning focus – What Lived Experience Expertise actually means – The landscape of the Peer workforce in Australia – Navigating power dynamics between Peer and clinical roles – How intersectionality shapes Lived Experience	Creative focus – Group discussion and reflection – Scenario-based exploration – Creative mapping exercises

Key words: *Lived Experience, Lived Experience Expertise, Peer, partnership, inclusion, collaboration, co-design, non-tokenism, empowerment*



Talk About Talking

Building confidence in authentic, accountable conversations about mental health

About this workshop

This workshop empowers participants to engage in meaningful conversations about mental health, informed by an understanding of the oppressive history of mental health and the models of disability. It offers guidance through the discomfort that can accompany difficult conversations and seeks to build confidence in authentic, accountable communication.

Recommended for

- Carers and supporters of those living with mental health challenges
- People wanting to support a friend experiencing mental health challenges
- Teachers, educators, and coaches

Recommended structure

Three hours with an additional 30-minute break

Format

In-person or online. Fully customisable.

Learning focus

- The history of mental health and how it shapes language today
- Models of disability and mental health
- How to sit with discomfort in difficult conversations
- Authentic, accountable communication in practice

Creative focus

- Role-play and scenario work
- Reflective journalling
- Group conversation practice

Key words: *Communication, conversation, compassion, nuance, patience, respect*



Grow Up!

Moving beyond tokenism to genuine, meaningful youth engagement

About this workshop

This workshop examines what meaningful youth engagement looks like in practice and how to move away from tokenistic or patronising approaches. It challenges common myths and unintentional forms of discrimination, including epistemic injustice, glitter-washing, dignity of risk, and duty of care, in hopes of promoting non-tokenistic, meaningful, and accessible avenues for youth engagement.

Recommended for

- Staff working with or hoping to engage young consumers
- Teachers, coaches, and educators working with adolescents and young people
- Youth organisations, representatives, and ambassadors

Recommended structure

Three hours with a 30-minute break

Format

In-person or online. Fully customisable.

Learning focus

- What tokenistic youth engagement looks like and why it happens
- Epistemic injustice, glitter-washing, and dignity of risk
- What genuine youth participation requires from adults
- Power, trust, and meaningful access

Creative focus

- Youth voice and storytelling
- Creative engagement mapping
- Group debate and challenge activities

Key words: *Youth, tokenism, power, intersectionality, empowerment, creativity, respect, challenging stereotypes*



Compassionate Creation



Compassionate Creation

Creativity as an essential element of wellbeing, healthcare, and advocacy

About this workshop

This workshop examines creativity, beyond art, as an essential element of wellbeing, healthcare, advocacy, and innovation. It encourages participants to explore multiple truths and redefine success beyond traditional measures such as KPIs.

Recommended for - Any creative ability. No artistic talent required. - Anyone working within health, mental health, disability, Peer work, education, advocacy, and beyond	Recommended structure Highly adaptable. From one hour as an introductory session up to four hours. Format <i>In-person or online. Fully customisable.</i>
Learning focus - Creativity as a human need, not a luxury - Multiple truths and non-linear thinking - Redefining success beyond traditional frameworks - Innovation, advocacy, and care through a creative lens	Creative focus - Collage and visual art - Reflective creative practice - Making and sharing as a group

Key words: Art, creativity, unconventional, collage, compassion, kindness, innovation, reimagining care



Integral Language

Navigating the nuances and responsibilities of language in mental health practice

About this workshop

This workshop delves into the nuances of language in mental health practice. It explores the history of language as a tool of oppression, modern forms of discrimination, and the impact of harmful terminology. Participants will learn practical ways to reframe language and navigate the complexities of communication with care.

Recommended for - Clinical staff, especially those in patient-facing roles - Carers, support workers, and Peer workers - Roles that work with people experiencing mental health challenges and disabilities	Recommended structure Best suited to a three-hour workshop with a 30-minute break Format <i>In-person or online. Fully customisable.</i>
Learning focus - The history of language as a tool of oppression - Person-first vs identity-first language and when each applies - Modern forms of discrimination through language - Practical ways to reframe and communicate with care	Creative focus - Language audit activities - Group discussion and scenario exploration - Personal reflection on language habits

Key words: Accountability, language, best practice, person-first vs identity-first, multiple truths, person-led



Stretch and Learn



Stretch and Learn

A kinaesthetic exploration of body image, food, and weight-neutral health

About this workshop

This interactive, kinaesthetic workshop explores the challenges posed by weight-centric and weight-normative approaches to health. It creates a judgement-free reflective space to explore the differences between body image concerns, disordered eating, and eating disorders. As a bonus, pair it with a meal or snack to practise food neutrality.

Recommended for

- Teachers and educators, especially those in health and physical education
- Parents of children and adolescents
- Anyone hoping to improve their relationship with food and their body

Recommended structure

Three-hour workshop with a movement session embedded

Format

In-person or online. Fully customisable.

Learning focus

- Weight-centric vs weight-neutral approaches to health
- The difference between body image concerns, disordered eating, and eating disorders
- Food neutrality in practice
- Movement as joy, not punishment

Creative focus

- Movement and embodiment activities
- Reflective journalling
- Optional: paired with a shared meal or snack

Key words: *Body neutrality, kindness, self-compassion, movement, non-diet approach, food freedom, disordered eating*



Create, Critique, Collaborate



Create, Critique, Collaborate

An immersive full-day exploration of systems thinking and Lived Experience leadership

About this workshop

Create, Critique, Collaborate is a six-hour immersive workshop that blends together elements from Peers, Professions and Partnership, Compassionate Creation, and Grow Up. It takes an unconventional approach to systems thinking and Lived Experience leadership for a day of learning, reflection, growth, and deep knowledge.

Recommended for

- Peer Workers
- Clinical staff and allied health professionals
- Community members interested in mental health

Recommended structure

Full-day workshop, broken into three or four segments separated by breaks

Format

In-person or online. Fully customisable.

Learning focus

- Systems thinking through a Lived Experience lens
- Leadership, power, and participation in mental health
- Creative approaches to critique and advocacy
- Building sustainable, values-aligned practice

Creative focus

- Cross-workshop creative activities
- Group systems mapping
- Collaborative making and critique
- Deep reflection and discussion

Key words: *Creativity, compassion, lived experience, peer work, engagement, partnership, reflective practice*



Dignified Decision-Making



Dignified Decision-Making

Navigating compassion, choice, and duty of care in complex clinical spaces

About this workshop

This workshop is designed for those working in clinical roles where power, policies, and protective frameworks limit the feasibility and practicality of holding compassion and honouring choice as a priority in mental health spaces. It explores Duty of Care, Dignity of Risk, nuance, and Peer values. It also emphasises the role of micro-choice and enhancing decision-making as opposed to assessing whether or not a person has it.

Recommended for

- People working in clinical mental health who navigate complex and rigid systems but who still want to practise compassionately and with respect
- Any level of experience working with or in Lived Experience professionally

Recommended structure

One and a half hours with an additional Q&A over morning or afternoon tea

Format

In-person or online. Fully customisable.

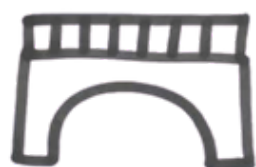
Learning focus

- Duty of Care vs Dignity of Risk
- Micro-choice and enhancing decision-making capacity
- Peer values within clinical frameworks
- Navigating rigid systems with compassion

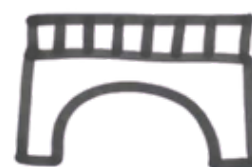
Creative focus

- Case-based discussion
- Reflective practice exercises
- Open Q&A and peer learning

Key words: *Choice, agency, autonomy, control, systemic barriers, collaboration, Lived Experience, partnership, shared decision-making, informed consent*



Bridging Barriers



Bridging Barriers

The power of Lived Experience in shaping compassionate, inclusive practice

About this workshop

This workshop explores the power of Lived Experience as an expertise in shaping compassionate, inclusive practice. Using Integrity Initiative as a real-world example of grassroots youth leadership, this workshop equips participants with tools to navigate challenging situations, understand and address epistemic injustice, and foster empathy in their work and communities.

Recommended for

- People working in clinical and community mental health spaces who navigate complex and rigid systems but who still want to practise compassionately and with respect
- Any level of experience working with or in Lived Experience professionally

Recommended structure

One and a half hours with an additional Q&A over morning or afternoon tea

Format

In-person or online. Fully customisable.

Learning focus

- Epistemic injustice in mental health settings
- Lived Experience as expertise, not anecdote
- Grassroots leadership and community-based change
- Tools for navigating systemic barriers with empathy

Creative focus

- Real-world case studies
- Reflective discussion
- Open Q&A and peer learning

Key words: *Epistemic injustice, constraints, policies, power, Lived Experience*



Playing With Fire



Playing With Fire

Burnout, advocacy, and the line between care and control

About this workshop

This workshop explores burnout in a way you might not have thought of before, alongside advocacy, paternalism, and how concern can sometimes cross a line into risk management and control. It creates space for open discussions through solutions, compassion, practical tools, and community. This is not about blame or shame. It is about honesty, sustainability, and finding a way forward together.

Recommended for

- Advocates and people working in healthcare or community services
- Young people studying, working, or at risk of burnout
- Teachers, parents, and caregivers
- Anyone advocating on issues they deeply care about

Recommended structure

Two hours including a creative activity

Format

In-person or online. Fully customisable.

Learning focus

- Models of disability and how they relate to burnout
- How to support people experiencing burnout without paternalism
- Dignity of risk in the context of burnout and advocacy
- Empowerment, limits, and sustainable care

Creative focus

- Group creative activity
- Framing creativity as a productive tool
- Open discussion and shared reflection

Key words: *Lived Experience, burnout, intersectionality, self-care, dignity of risk, paternalism, empowerment*



What We Bring



What We Bring

Working with and from Lived Experience in partnership

About this workshop

This workshop explores what it actually means to work with and from Lived Experience in partnership. Through creative and introspective activities and guided discussions, it provides a foundational understanding of how to step into spaces as a human, not just as a professional, while still fulfilling the requirements of a metric-based, rule-defined world.

Recommended for

- University students and people new to Lived Experience frameworks
- People working alongside, but not in, Lived Experience roles
- Those beginning to understand what genuine partnership looks like in practice

Recommended structure

90 minutes with Q&A

Format

In-person or online. Fully customisable.

Learning focus

- The difference between Lived Experience and Lived Experience Expertise
- Drawing professional and personal boundaries
- How to translate principles of Peer work into diverse spaces
- Moving away from inspiration and towards real partnership and support

Creative focus

- Creative brainstorming and activity sheets
- Reflective worksheets
- Guided discussion and values assessment

Key words: *Lived Experience, Lived Experience Expertise, partnership, allyship, tokenism, holistic, values*

4. Design Your Own Workshop

None of the above is exactly right for your audience? That's fine. In fact, it's the point. Give us a brief and we will make it happen.

Tell us:

- Who your audience is and what they're navigating
- What you're hoping participants take away
- How much time you have and what format works
- Any topics, themes, or contexts that are particularly relevant
- Any access needs or considerations we should know about

And we'll handle the rest.

Our bespoke workshops are created with the same Lived Experience lens, creative energy, and evidence-informed approach as our existing suite, just shaped entirely around your context.

5. Get in Touch

Book a workshop or start the process of designing your own here:

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=uglA263uJkKBaiAp22EEOf2gFmzzmNplkpZilKTMiG5UMUVUMzJUSkcXWkOWTIZVSkxCTURDQUcyUi4u>

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Cultivating autonomy, dignity and human rights in mental health conversations and care