

## Speaking Out Course

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| <b>Course Duration</b> | One day  |
| <b>Course Cost</b>     | £25 per person to include:<br>All course materials, refreshments and a light lunch   |
| <b>Target Audience</b> | Public speaking includes many different elements of the work carried out by Staff, Volunteers, Hospice Ambassadors and those who are part of the Communication & Fundraising teams.  |
| <b>Course Aims</b>     | This course aims to equip people (with personal experience of End of Life Care) with the skills, information and confidence to speak out about their experience and why a campaign to break the taboo around dying, death and bereavement is so important. |

### Course Information

- You will prepare a small presentation using personal experience to help when speaking at events about dying, death and bereavement.
- You will be provided with some guidelines about presenting the key when speaking at events.
- You will have Identified ways you can best prepare and protect yourself when speaking out about your personal experiences.
- Been given information about where to find resources and further information.

### Course Benefits

Staff and Ambassadors working for a hospice or any service that supports those near and at end of life may have stories about families and patients that they can use to demonstrate the compassion and depth of our work, to show the real human side. But this is something that requires support and guidance to ensure they are safe and sensitive within that sharing.

This course is not about supporting people to talk about death and dying. This course is for equipping people with personal experience of End of Life Care with the skills, information and confidence to speak out about their experience in different formal and informal events.

**For course dates and to book visit:**

[www.rowanshospice.co.uk/training](http://www.rowanshospice.co.uk/training)

### Venue

Rowans Hospice Seminar Room  
Purbrook Heath Road  
Purbrook, Waterlooville  
Hampshire, PO7 5RU

