

# BRISTOL *WOMEN'S* VOICE

## Caring for yourself as part of your learning experience

### Background:

Bristol Women's Voice deliver the following trainings in:

- Anti-sexual harassment
- Misogyny awareness, which touches on gender inclusion in the workplace
- Feminist leadership / feminist governance

We offer a space which will resource you and bring you new perspectives and knowledge. In the course of this training, we will ask you to think explicitly about your lived experience and personal experiences. While some of our material might raise experiences that you hadn't wanted to think about.

We ask that you flag with a trusted friend or colleague that you're doing the training, make them aware that you're working on it and check out with them whether you can de-brief with them if you find yourself thinking about things that you might not have considered for a while. Take some time to think about who you want to approach and drop them a message.

In the space that you are doing the training take a moment to look around your environment and find something that makes you smile. It might be a photo, a colour, a song, an audio or meme. We are looking for something that brings to mind a positive memory and makes you feel calm. Make a note of it and how it makes you feel. This is a resource that you can rest in if the material in the training makes you feel uncomfortable or ungrounded.

### National resources

- *Shout is a free, confidential 24/7 text message support service for anyone in the UK having a difficult time. Text the word 'Shout' to 85258 for support.*
- *If you'd like to talk on the phone or email someone you can call the Samaritans any time of the day or night on 116 123 or email [Jo@samaritans.org](mailto:Jo@samaritans.org)*

