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From: [REDACTED]
Sent: 18 February 2020 10:23
Subject: Stonewall Cymru Empowerment 2020
Attachments: Cymru Empowerment Programmes Overview - 2020.pdf

Hi Everyone,

I just wanted to let you know about the exciting range of empowerment programmes Stonewall Cymru has planned over the coming months.

Below is an overview of the programmes and the dates and locations of where they will be held. Please also find attached an overview of all of our empowerment and training options.

If you would like to book any places or have any questions just let me know.

Bi Empowerment | March 17th

As part of Stonewall's commitment to bi equality, we are proud to launch the Stonewall Bi* Empowerment programme. This is a free community programme.

It will empower attendees to celebrate what it means to them to be bi and build a collective sense of solidarity.

*Stonewall uses bi as an inclusive term to encompass anyone who self-identifies as being attracted to people of more than one gender.

The programme offers:

- Celebrate their own and each other's bi identities.
- Develop a sense of validity as a bi person.
- Explore their own journey as a bi person and the shared experiences they have with other bi people.
- Understand what solidarity within bi communities can look like and why it's important.
- Develop strategies for practicing positive self-care and understand how self-care should be a radical act.
- Create an active and supportive network of other bi people.

[BOOK HERE](#)

LGBT Allies Programme, Cardiff | 28th April

LGBT Allies Programme, Nantgarw | 10th August

The Stonewall one-day Allies Programme gives non-LGBT individuals the opportunity to explore what it means to be an ally and the space to identify how they are going to create an inclusive environment for everyone.

The programme offers:

- Insight into what it means to be yourself
- Understanding what it means to be an ally and why it is important to have visible and active allies in the workplace
- Practical ways to step up as an ally
- Opportunities to explore and develop inclusive behaviours and approaches
- Active listening skills and techniques for having good quality conversations
- Increased motivation and confidence to become a visible and influential ally
- A network of peers from across a range of sectors and communities

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Inclusive Service Delivery Programme, Llanelli | 7th May

The Stonewall Cymru one-day Inclusive Service Delivery Programme is a programme for organisations in Wales with service delivery obligations. The programme has been developed for front-line staff and other relevant advisory or information giving roles to ensure they have the language, skills and confidence to implement good practice and provide inclusive services.

Learning outcomes:

- Attendees will develop a greater understanding of LGBT rights and the issues faced by LGBT service users
- To develop a greater understanding of the expectations required under the Public Sector Equality Duty
- Attendees will understand the need to effect positive change in terms of the services they deliver
- To feel empowered to effect change and take away specific actions to positively impact how they support LGBT service users and colleagues

[BOOK HERE](#)

Trans Allies Programme, Newport | 17th July

Stonewall's Trans Allies programme empowers LGB and non-LGB people to be active trans allies with the confidence, knowledge and skills to bring about positive change in workplaces and communities for all trans and non-binary people. A CPD-accredited, one-day programme, which offers people a powerful opportunity to:

- Explore trans identities, language and terminology
- Hear personal stories from trans and non-binary people and learn about the lived experiences of trans individuals in society and at work.
- Recognise their influence and responsibility in creating inclusive workplaces and communities.

[BOOK HERE](#)

LGBT Role Models Programme, Cardiff | 8th July

The Stonewall one-day LGBT Role Models programme gives individuals the opportunity to explore what it means to be a role model and the space to identify how they are going to create an inclusive environment for everyone.

The programme offers:

- Insight into and understanding of what it means to be yourself
- Understanding what it means to be an LGBT role model and ways to 'step up'
- Active listening skills and techniques for having productive conversations
- Practical ways to step up as an LGBT role model
- Increased motivation and confidence to be a visible and influential role model
- A network of LGBT peers from across a range of sectors and communities

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Diolch,

Stonewall Cymru

CYNHADLEDD GWEITHLE
STONEWALL CYMRU
14 CHWYFROR 2020

ARCHEBWCH
LE
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STONEWALL CYMRU
WORKPLACE CONFERENCE
14 FEBRUARY 2020

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Ysgrifennwch ataf yn Gymraeg neu Saesneg
Please write to me in Welsh or English

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Website: www.stonewall.cymru

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