

# BEING HERD



Join us on zoom for an online mental health storytelling experience!

## what does a digital Being Herd workshop look like?

A digital Being Herd workshop will work in the same way as an in-person workshop, only you can partake from the comfort of your own home as we meet over zoom.

You will learn about the power of story, speaking with confidence, story structure and safe storytelling through interactive discussions and reflective activities to help you shape your story to have the most impact.

## who will be on zoom?

Our digital workshops will include 6 participants and four batyr staff - a small and intimate group. Just like a normal workshop, you will be supported by two facilitators who are there to take the group through the content over the two days, lead the activities and discussions and answer questions as they come up. A Youth Support Person, who is a mental health professional, will also join the group on zoom and is available to offer one-on-one support across the two days. A batyr speaker will also share their story with the group and will be available for a Q&A if you would like to know more about speaking with batyr or what the writing and sharing process has been like for them.

## what does support look like at the workshop?

You will be able to call or text the Youth Support Person at any time over the two days if you feel you would like a bit of extra support or a one-on-one chat about anything that is coming up for you at the workshop. The Youth Support Person will also check-in at different points of the weekend, including during story writing time and after you share if you choose to share. The facilitators will also be available to offer support and guide participants in writing your story in a safe and effective way.

### what do I need to participate?

In order to get the most out of the workshop experience, and to ensure we are able to create a safe and supportive environment for everyone online, it will be important that you have a computer with a camera and a stable internet connection to access zoom. For the confidentiality of all participants, it will also be important that you can zoom in from a private space or use headphones. Everything else will be provided by us!

### how much does the digital workshop cost?

It's free!

### I haven't used zoom before, is that ok?

Absolutely! We will provide some basic instructions around using zoom to help you get started and you will get the chance to try it out with a batyr staff member before logging on for the workshop. We are still learning too and are here to assist with any issues you might face.

### I'm interested in becoming a speaker with batyr, is that still an option?

It sure is! batyr is currently in the process of developing a new digital offering to provide our school and university partners with mental health programs throughout this period. Sharing lived experience stories is at the heart of what we do at batyr and opportunities to share stories will be included in the new offering. While speaking opportunities might not be as frequent at the moment, we anticipate a big boom period towards the end of the year, so we would ask all of our interested Being Herd alumni to be patient with us while we work towards getting you into speaker development as it may be a slightly longer wait time than normal.



# what you'll gain

The batyr Being Herd workshop hopes to equip you with real skills and talents that you can take into the world and use not just when you are sharing your story, but in other aspects of your life as well. If you do not feel the training lives up to these expectations we encourage you to let us know.

## confidence

Learning to share your story in the Being Herd workshop can allow you to feel more comfortable with your story knowing you are sharing in a safe and engaging way. By learning to share your story and experiences, you can make a positive difference in the lives of your friends and family while starting the positive conversation around mental health.

## intent

The value of storytelling and personal experience is beyond measure for those suffering from poor mental health. Participants will leave the training understanding the impact of personal stories and will feel a real desire to share their story with others. Participants should feel enthusiastic about the difference they could make.

## connection

Our workshops are deliberately designed to be small to ensure you feel comfortable sharing your experiences with others in the group. There is the opportunity for everyone to get to know each other and provide supportive feedback to each other. Being Herd helps provide the space to hear from others who understand the experience of living with mental ill health.

## fun

One of batyr's philosophies is that life is meant to be fun and enjoyed! That's why we do our best to make sure that batyr workshops create an environment for everyone to feel comfortable to express what they have been through but also reflect on the positive.