

# Advocacy Education

I offer customized training and speaking to empower and educate participants so they are inspired to try out their new skills. Please [contact me](#) for more details about the workshops below or to create a customized workshop.

- **How to Advocate for Kids with Special Needs** – Tools, techniques and life lessons to help parents and caregivers proactively advocate for their child to get the care and support needed in school and healthcare.
- **Storytelling 101 – How to Share Your Story with Confidence** - This workshop takes participants through the steps of developing and sharing their stories so they are impactful.
- **How to Communicate with Families** - Participants will learn how to be clear in their communications with families to avoid confusion and make a personal connection. You will feel more confident, prepared and focused.
- **How to Host Engaging Online Meetings** - The abrupt switch from in-person to virtual meetings requires new skills to ensure people are engaged and participating. Learn some tips on how to moderate meetings, stay focused, generate conversation and get the most of your time online.
- **How to Advocate** - Now that you know how to share your story, learn how to advocate to make a change. I will explain the advocacy ladder, how to move from personal, local, regional and national in your advocacy journey.
- **The Power of Including Patient Voices in Healthcare** - Aimed at helping leaders understand the role they play in patient engagement, how they can tap into the patient experience around them and ways to include patient stories.
- **Sharing Patient Experiences is a Team Effort** - This workshop breaks down the elements of an impactful patient story, explains the difference between formal (patient told) versus informal (third-party) stories and the value of each.
- **How Patient Engagement Will Make You a Better Healthcare Professional** - Targeted to residents, nurses and other healthcare students, this is a great opportunity to let students know what patient and family centred care looks like at your organization and the role they can play.
- **Going Beyond the Label** – Helping health care professionals and caregivers understand their roles and how to work together to support children who have special needs.
- **Bed Rest Mom** – Supporting the mental and emotional health of pregnant women on home and hospital based bed rest. This is an area of patient care that is often overlooked, and can leave the mom feeling isolated, fearful and depressed. By addressing emotional and mental health issues during pregnancy it can prevent or minimize these issues from compounding after baby is born.
- **Communications, Professional Development and Leadership** - I offer a number of customized workshops as well as training videos, templates and resources at [www.howtocommunications.com](http://www.howtocommunications.com) for individuals and organizations.

# Coaching

Are you struggling to have your voice heard? Are you a parent struggling to advocate for your child? Or are you a healthcare or educational professional trying to figure out how to include these voices in a meaningful way?

As a mom and advocate, I know the importance of including a variety of voices to make change. I also know the challenges that go with advocacy – as a mom of a child with special needs and a patient advisor (having sat as a patient voice on a number of medical committees).

I offer one-on-one coaching to help individuals understand the importance of advocacy and patient engagement, as well as how to remove some common barriers. My goal in working with you is making sure you have the confidence and skills to share your story or include the voices of others.