

## Sharing Our Stories Reflection Worksheet

This reflection worksheet has been designed to assist you to get the most out of this resource. Before watching the 'Sharing Our Stories' DVD, read the questions below. While you are watching the DVD make some notes in the spaces provided below in Part A. After watching the DVD allow for some reflection and discussion time for the questions in Part B. This can be done individually or as a team.

### Part A

Themes	Key words or messages
Building Relationships	
Building Trust	
Consultation	
Working in Partnership	
Different Approaches	
Making Changes	
Challenges	
Benefits of this work	
Skills and Knowledge	
Key Messages and Tips	

## Part B

1. What do you consider to be the main factors that your organisation requires to begin or to continue this journey?

2. How can your organisation begin or continue to build relationships and trust?

3. Who are the key stakeholders that you need to be consulting with?

4. Who are the key stakeholders that you need to develop partnerships with?

5. What are some different approaches or changes that your organisation can put in place?

6. What do you consider to be the main challenges of this work? Why?

7. What experiences do the people in the DVD share that are similar to your experiences?

8. What do you consider to be the main benefits of this work?

9. What are the key messages or tips from the DVD that stand out for you? Why?

10. What training topics, resources or support would assist you to do this work more effectively?