

## Self-Reflection Tool

We understand that people with Lived Experience are strongly motivated to help others avoid the same negative experiences that they may have had. The VOCC Office do not require Lived Experience experts to share the details of their own experiences, but you may reflect on your experiences to provide input and expertise. This work might be uncomfortable and challenging at times. It is important that applicants feel ready and safe to undertake this work.

The questions below are based on those specifically developed<sup>1</sup> to support people with Lived Experience to reflect and decide whether to participate.

### Readiness

- What are my reasons for wanting to participate?
- Do I really want to participate or am I feeling that I should?

### Resources

- What personal and professional resources do I need to have in place to participate?
- Are there any training or new skills I might need to participate?
- What support might I need if my health and wellbeing is negatively impacted?
- What strategies will I use if someone reacts negatively or judgmentally?

### Safety considerations

- Is it safe for me to participate?
- Are there any ongoing risks posed by the person who caused me harm?
- Are there strategies that can be put in place to increase my safety?

### Boundaries

- What are my personal limits regarding how much I am willing to share or contribute?
- How will I ensure my personal and professional boundaries are upheld?

### Legal considerations

- Am I involved in any ongoing legal proceedings that may be jeopardised by participating?
- Are there any potential legal consequences of being an Advisory Group member?

### Other considerations

- Are there people in my life who need to be aware of my decision to be an expert by experience?
- Am I clear about how to provide feedback or make a complaint?