

# REACHING YOUR POTENTIAL

## *A Confidence and Skills Building Course for You*

Reaching Your Potential is a skills and confidence building and mentoring program for women living with HIV led by women living with HIV and facilitated by Positive Women Victoria. The program is funded by a Positive Action Community grant from ViiV Healthcare Australia.

The program lays the foundation for up to ten women to reach their potential in both their personal and work life, but also encourages these women to recognise their potential to be future advocates in the HIV community in whatever capacity they may wish or choose. This unique four-part program is run as a series of workshops during 2022.

Each workshop will focus on things like communication, the history of the HIV response and what advocacy means. Women will also learn how their own personal experience can be used to make change, both for themselves and for others. Some of the sessions will be delivered by professional leadership and life skills coaches as well as women living with HIV who are leaders and advocates for HIV awareness and prevention, and for ending HIV-related stigma. On completion, women may also want to become HIV advocates themselves and contribute to the HIV response, in whatever way is meaningful for them. This might be through volunteering, being on a PWV committee, the PWV Board or an HIV advocacy group, or joining the Positive Speakers Bureau (run by Living Positive Victoria, a partner of PWV).

Women from a diversity of backgrounds and experiences are encouraged to apply and PWV will support women to enrol who have needs such as childcare, transport and mobility needs. No woman is expected to go out of their comfort zone. And there is no expectation that women would share specific details of their life with HIV in any of the program sessions, unless they wish to.

The events will have a social and community-building focus. All women who enrol are expected to attend all program workshops. We hope that all workshops will happen face-to-face, however, if COVID restrictions are re-introduced at any time this year, some workshops will take place online.

**Reaching Your Potential is a unique confidence-building, communications and leadership skills program for up to 10 women living with HIV and run as a series of four workshops.**



***'We hear from many women who want to contribute to the HIV response, but they may not be sure where to start. Or they may think: "well, I don't want to be a public speaker and I want to protect my identity, but I would still like to make a difference and help others.' We want to help women realise that whatever their situation, their story and experience can be of value and help make change, whether as a volunteer, a Board member, help support other women at our events, or by sharing experience that can help make services and the health care response better or stronger,' says Kirsty Machon, EO of PWV.***



## FOUR STEPS TO REACHING YOUR POTENTIAL

### Communicate! - Sunday, 3 July 2022

A one-day workshop where you will learn the art of effective communication in both social and workplace settings from a professional communications coach.

### Show Me The Camera! - Sunday, 21 August 2022

This film-and-audio interactive workshop is aimed at building your confidence and ability to be comfortable in front of a camera or recording your voice. Guided by experts and other WLHIV who have many years of being interviewed, you will learn presentation and interview skills and have some fun while looking your best. A make-up artist will give you tips and you'll get a selection of 'corporate-wear' outfits. At no stage during filming (or any part of the program), will you be asked to share your HIV story. Interviews will focus on general topics such as career, hobbies, travel, motherhood or family life or anything else that interests you. All film and audio material is not shared beyond the workshop.

### Be the change: Advocacy – Saturday, 15 October 2022

Day 1 of this two-day weekend workshop, is delivered by WLHIV who are leaders and advocates, who will share their experiences. You will also learn about the history of women living with HIV in Australia and how and why they became advocates and the impacts their HIV advocacy has achieved. You will also be invited to consider your own experiences, and how these could contribute, through using your own voice and shared experience, to create change for women living with HIV. You will also brain-storm some ideas for action, which will be presented to PWV for consideration. On Saturday night, there will also be a Graduate Dinner

### Make the change: Your Life – Sunday, 16 October 2022

Day 2 will be delivered by a professional life coach who will help you develop your confidence to set your own life goals such your career, finances and relationships. Each woman will leave the workshop with a set of practical goals and strategies.

## How to Enrol

Women living with HIV support each other in many valuable ways, from personal friendships and support networks to volunteering, sharing stories, or being on PWV committees and the PWV Board. If you've ever wanted to find out what role you can play, Reaching Your Potential could be for you.

By enrolling in the program you'll learn ways to build your confidence and learn communication skills and tips from professional coaches. You'll also spend time with some amazing women living with HIV who have used their voice as change agents by sharing information about experiences that can help make life better for other women.

The skills you'll learn can help you reach your potential, whatever that might mean for you.

### For more details and to enrol:

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