

Everyday Advocacy and Leadership skills for LLE

with Dr Louise Byrne and Simon Katterl

Capacity Building for Lived-Living Experience roles in any role type to enhance systemic advocacy and impact while maintaining authentic LLE practice and values

What's the value add?

Using advocacy and leadership skills is an everyday part of all Lived-Living Experience work. Whether talking in a team meeting, navigating organisational change, or contributing to broader policy, we are, at our essence, change-makers. But few of us have supported opportunities to develop and enhance these skills.

'Everyday Advocacy and Leadership skills for LLE' (Everyday Advocacy) provides capacity-building for Lived-Living Experience practitioners in any role type to be more intentional and systematic in our approach to effective communication and persuasion - enhancing confidence and fostering more impactful advocacy and leadership in diverse settings, while maintaining fidelity to our disciplines. This is training that will help in your current role and your future roles. It's an investment in you, but also an investment in your contribution to systems change.

Feedback from previous workshops:

Very beneficial. My approach will now be reassessed & adapted for my audience.

Monica Quinton, Wellbeing Consultant, Wesley Mission QLD Ltd

This workshop was excellent. I am thrilled to see anything on energy/vibration/intention/heart in this context. Thank you for the Qi Gong - I felt instantly connected & grounded/clear. Being a spiritual person who has an interest in these ideas made this session extra special. Appreciated! Thank you for including these ideas & practices.

Anna Gould, Consumer Consultant, AMAH, Alfred Health

Engaging, loved the understanding I got from the role plays in the analysis of that. Informative! Loved insights into the knowledge and experience Louise has.

Paul Hyman, Other Peer Worker - Inpatient Unit, Hervey Bay Hospital, Wide Bay Mental Health & Specialist Services

I really enjoyed hearing from Simon about the different LLE lineages/positionality and would love to hear about that more.

Tamara Northey - Senior Consumer Peer Worker (in the Partnering with Consumers and Carers Team) and the organisation is Nepean Blue Mountains Local Health District - NSW Health

Who is the training for?

The following Lived-Living Experience workers will benefit:

- Already employed in designated Lived-Living Experience positions
- Aiming to increase influence in any LLE role type
- Aiming to gain promotion to senior leadership positions

What's the focus?

There are lots of courses out there for the workforce. This one is unique. We equip Lived-Living Experience practitioners with skills, knowledge, and strategic insight to employ systemic advocacy and leadership skills more confidently and effectively. It will enhance your ability and opportunities to:

- Think and act strategically
- Use the evidence base and understand why that matters
- Foster and enhance alliances while holding firm to Lived-Living Experience values and principles
- Be an effective persuader for maximum impact while still looking after yourself.

We will explore critical concepts like power, with an eye towards how we navigate, manage or mobilise power for systems change. A core theme of the course is being intentional in applying approaches to advocacy and leadership functions, with a guided process of learning, practising and refining skills that are likely to work well in diverse situations or contexts.

Pre-requisites

To be able to enrol in *'Everyday Advocacy'* you first need to have completed the *'Orientation to Lived Experience for all staff'*. Click [here](#) to find out more about the orientation course. The cost of the *Orientation* course is built into the *'Everyday Advocacy'* training.

Who will be facilitating the sessions?

Your facilitators are:

- **Dr Louise Byrne.** In terms of demonstrating influence and impact, Louise is known for:
 - o Being the first full-time Lived-Living Experience academic in Australia
 - o Building a body of internationally applied research to guide effective and sustainable Lived-Living Experience workforce development
 - o Writing key national and state policies informed by that research
 - o Guiding implementation of research findings including creating training and initiatives to progress recommendations of the research, including organisational, sector and statewide initiatives
 - o Helping shape the perspective of Lived-Living Expertise as respected, credible and evidence-based

To find out more about Louise, check out our ['About'](#) page.

- **Simon Katterl.** In terms of demonstrating influence and impact, Simon is known for:
 - o Being CEO of Mental Health Lived Experience Peak Queensland
 - o Formerly serving as Chair of the Victorian Mental Illness Awareness Council
 - o Publishing peer reviewed work on lived experience, accountability, stigma and human rights
 - o Co-authoring the *Not Before Time: Lived Experience-Led Justice and Repair* report
 - o Providing in-person and online training, including some of the free training included with this course.

Structure for Presentations

Instead of a traditional lecture with time for questions, in this training, the presentation style emphasises workshop style format with plenty of breakouts, discussion and other applied learning activities.

Dr Byrne and Simon Katterl will also offer insights on their unique perspectives and approaches to advocacy and effective persuasion, sharing from their personal stories and showcasing an example of:

- when their approach worked and why

What does the training provide?

- Evidence based and informed content
- Learning with well-established and respected experts on Lived-Living Experience workforce development and human rights
- Formal scaffolding learning with an experiential approach to knowledge building
- Live group sessions with opportunities for group/peer networking and learning
- Applied at-home learning activities
- Additional complimentary learning resources listed under 'cost'

Modality

The course involves **4 x 3 hour live sessions monthly over 4 months**. The sessions are hosted online to allow ease of attendance for a national cohort.

Structure of the Sessions

Information is presented in small blocks, with time to test and apply, gain feedback and integrate learning via a range of activities with an emphasis on experiential and applied learning.

What activities do the sessions include?

Practical actions and step by step guidance to enhance and embed strategic thinking and improve impact. Activities include role play, small and large group discussions, group work, development of elevator pitches, debates and other activities to trial and refine various approaches to create effective messaging and exert influence.

Content the course includes:

- Use and create 'evidence'
 - What gets counted as evidence in different settings
 - How to assess validity of different forms of evidence
 - How to elevate the work you do so it is considered 'empirical'
- Think and Behave Strategically
 - Understanding power and how it shapes systems, services and experiences
 - Understanding what power means for strategy
 - Plan and approach from a stronger negotiating position
 - Using the policies and commitments that have already been agreed to gain leverage
- Stakeholder Management
 - Establishing expertise clearly and firmly (build credibility) while maintaining the Lived-Living Experience focus on a 'warm welcome'
 - Relationships first – engagement achieves more than 'teaching'
- Build Alliances and Social Capital

- Gaining ‘buy-in’ engagement and investment in Lived-Living Experience by using everything at our disposal
- The importance of “inside” and “outside” lived experience and non-lived experience advocates
- Standing ground while maintaining positive relationships
- Appreciating and pro-actively supporting intersectional perspectives
- Productivity and Work Practice
 - Setting and maintaining firm boundaries (while still getting lots done)
 - Separating work and life (although it’s personal, we are not our work)
 - Our well-being and personal life as a priority (not an afterthought)

The sector has a responsibility

Due to the identified need for capacity development of Lived-Living Experience workforces, we are aiming for a majority of seats in the training to be sponsored either by organisations looking to capacity build their LLE workforce as well as government departments and other major funders.

Cost

We encourage sponsorship of seats in the training from organisations and funders. The total cost per person is \$1,980.00 (including GST) which includes:

- pre-requisite ‘*Orientation training*’ self-paced course (*contains key advocacy messages for our workforces*)
- a place in the ‘*Foundational Knowledge*’ short course (*optional but recommended*)
- a place in the ‘*LLE Leadership Capacity Building*’ course including 10 hours of live class time and additional at-home activities and resources
- ongoing access to the discussion board as part of the alumni network
- You will also get 1 month free access to three courses on Mental Health Law, Human Rights Law and Mental Health Commissions until 8 June.

Program Numbers

The program is capped at a maximum of 55 people to allow opportunity for deep engagement and focused discussions. A minimum of 12 people is required for the course to go ahead.

Enrol now!

Our next cohort will commence on May 28th, 2026 (pending minimum numbers). Contact us at enquiries@livedexperientctraining.org to find out more or enrol.

Additional Leadership Training Opportunities

We also have a similar, more in-depth course, ‘Executive leadership for Lived-Living Experience Roles’ (Executive Leadership).

‘*Executive Leadership*’ is more relevant to emerging and established Lived-Living Experience leaders:

- Working in or aiming to work in designated Lived-Living Experience senior leadership or executive positions
- Operating at high levels of potential influence and impact or aiming to do so (irrespective of role position or type)

The 'Executive Leadership' course is more targeted and in-depth, emphasising exposure to and trialling a broad and diverse range of approaches, featuring many national and international experts. This is a 12month offering. Places are limited to 21 per year, you can find out more [here](#).

As outlined, '*Everyday Advocacy*' provides capacity building for Lived-Living Experience practitioners employed in [any role](#) and at [any level of authority](#) to enhance advocacy and leadership skills while maintaining authentic LLE practice and values. The approaches featured in 'Everyday Advocacy' centre around learning from and with Dr Louise Byrne and Simon Katterl. These approaches are also included in the 'Executive Leadership' offering.

Evidence Base and Intersectionality

Go to our [Learn More](#) section on the webpage and scroll down to find out about the Evidence Base that informed this training, including how diverse intersectional perspectives and specialist views were embedded in the research.

Sustainability

After the course concludes, participants will be invited to join an alumni network with access to a discussion board to enable ongoing networking and receive updates on future opportunities to connect.