

Sharing stories

Sharing your story



Amplifying Maternal Voices toolkit worksheet

Prepare in advance

Who will you be sharing the space with?

Who is your audience?

Logistics, e.g. location details, timings etc.

Set boundaries

What are you comfortable sharing?





Look after yourself

Consider how you might look after yourself after sharing your story, e.g. take time to reflect, make a self-care plan.

Is there someone you can have a check-in conversation with afterwards?

Be authentic

How will you be authentic about your role and where you're coming from?

Remember you're a voice, not the voice – you can only speak to your own experience, not for everyone (including within a specific community).