



COMMON
AMBITION

Event Participation Wellbeing Guidance

Brighton and Hove Common Ambition has created this participant wellbeing guide to make sure everyone's needs are respected and this is an inclusive event. We have experienced good and bad practices at events and we want to share our knowledge of bringing people together to work and learn:

Make sure that you are using language that everyone can understand. If you need to use clinical words or an acronym please explain what it means.

Please be aware of people's personal space.

Please refrain from asking personal questions unless they have told you they are happy to share. This is a professional space where people may not want to disclose anything about their background or personal life.

Make sure you ask and respect if people do not want their photos taken.

There may be some difficult or upsetting content discussed. Please ensure you use content warnings. Please keep yourself safe and step outside, into the bar or outside area if you are feeling uncomfortable. If you have any questions or concerns please do speak to one of our organisers you'll find them with a 'something to help sticker'.

Think before sharing upsetting content and experiences, whether this is within a session or during the break time. Even if it's not upsetting for you, it may be for others. Be mindful and respectful during your conversations today. Actively listen and do not speak over others.

This is a lot to think about but we are keen that this is an inclusive safe space for everyone to learn. We also want you to have a great day. So be curious, open minded and enjoy yourself.

If you want to learn more about the way we work or any of our other projects, please visit: www.bhcommonambition.org