

PREPARE TO SHARE

Thinking of Sharing Your Health or Caregiving Experience

While it can be an empowering experience to share your story, it's important to **prepare to share**.

This tool has reflection prompts and reminders for you as you explore the path to partnership.

Each prompt has an associated link with additional information or resources.



Why prepare?



What do I not want to share?



What feelings should I look out for?



Communicate expectations



What resources do you need?



Podcast on Storytelling



Have supports in place



Are you at capacity?



Compensation



Recharge



Know your value. You are the expert.



Connect with your supports



Do I feel like I can use my voice?



Am I feeling safe?



Self-Monitor: How am I-feeling?



Reflect



Is this a safe environment?



Make adjustments



Your story is a gift. You decide how to share.



Take Breaks

