

County Durham Empowerment Coaches



The purpose of the Empowerment Training is to encourage people to speak up, build confidence and take control of their lives.

We will train people with a learning disability or autism to become empowerment coaches.

- Practice your own speaking up skills.
- Build confidence
- Understand the impact speaking up can have
- Develop resources and information
- Use your skills and resources to encourage others to speak up



The training is for **10 people, with a learning disability or autism** who:

- are 18 years or older
- live in County Durham
- have a supporter to join them on this training and to support them in their role as an empowerment coach



Role of the Supporter?

This should be someone you trust, possibly a member of staff or family.

Ideally it will be the same person supporting you in each of the training sessions. However, we understand this may not always be possible

so you may want to have someone else available as a back-up.

They will support you to develop in your role as an empowerment coach, helping others to speak up too.



How the training will be delivered?

The training will be done using 'zoom'. This is an online way of connecting with others. You will need to have a computer or SMART mobile phone and an internet connection to join.

This will give you a chance to develop and practice your digital skills.

There are 7 sessions in the training course.

The dates and times are:

Session 1 – Introduction to speaking up

Thursday 20th January 1-2.30pm



Session 2 – Human Rights

Wednesday 26th January 11-3.30pm



Session 3 – Practicing speaking up

Thursday 3rd February 1-2.30pm



Session 4 – Develop our practice

Thursday 10th February 1-2.30pm

Session 5 – Impact of speaking up

Thursday 17th February 1-2.30pm

Session 6 – Encourage others

Thursday 3rd March 1-2.30pm

Session 7 – Over to you!

Thursday 10th March 1-2.30pm

We may decide to hold this last session face-to-face. This will depend on what people in the training group feel about this and any Covid restrictions at that time.



Who is delivering the training?

Julia Smith, Communications Team, Durham Enable, Durham County Council

Kirsty Morgan, Project Support Co-ordinator, Inclusion North



How to join the training?

Complete and return the note of interest form by 4th January 2022

If there are more people interested than we have places for, we will come back to you for more information to help us allocate places.