

A familiar
Northern saying
that inspires me to
speak up...



SHY
BAIRNS
GET
NOWT

Group Exercise

Option 1

Tell us about a situation where you spoke out
What was the outcome?
How did you feel?

OR

Option 2

Tell us about a situation where you wanted
to speak out but didn't
What prevented you?
What was the outcome?
How did you feel?



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