

Making engagement more meaningful

1. Make people feel they belong

- More welcoming
- More informal
- More inclusive
- More choice
- More equal

- 2.
- People feel safe
 - People feel understood
 - People feel at centre
 - People feel part of the change
 - People feel they contribute

Make people feel they matter

3. Make people feel respected

- Listen to learn
- Balance power
- Communicate plain and simply
- Challenge assumptions
- Recognise expertise and experience

- Develop better understanding
- Develop better experiences
- Develop better services
- Develop better outcomes

Make people feel they are valued

Feeling ready to meaningfully engage?

Throw away the formal agendas and order Scottish Recovery Network's Conversation Cafe Toolkit at info@scottishrecovery.net



Scottish Recovery Network

Together we can make mental health recovery real