

## Training & Education Sessions



# LGBTIQ+[Ai]<sup>TM</sup>

Awareness & Inclusivity

Meridian provides education and training to organisations, workplaces and community groups. We conduct a **Pre-Session Questionnaire** before each session in order to gauge existing knowledge and to invite anonymous questions from participants which often generate lively discussion.

## Training Outcomes

- Understand and recognise diversity within human experience.
- Explore evolving concepts of sex, gender and sexuality.
- Gain confidence in the use of language and terminologies around LGBTIQ+ people and communities.
- Identify and develop ways to enhance workplace inclusive practice and policy.
- Focus on topics of learning and discussion specific to your organisational needs.

## Topics covered

- Why are we here? - stigma and discrimination
- Sex, gender and sexuality - The fundamentals
- Gender affirmation & transitioning at home & at work
- Language and terminologies
- LGBTIQ+ - unpacking the acronym
- The heteronormative lens
- LGBTIQ+ inclusion in the workplace - A practical application

## About us & LGBTIQ+[Ai] training

At Meridian, we take pride in educating and sharing knowledge, creating a welcoming and inclusive community where there is respect for all people. Our reputation and the demand for this comprehensive and engaging education packages is growing and Meridian is excited to be able to offer LGBTIQ+ [Ai] training to organisations, and businesses across the ACT.

All sessions are delivered by skilled and dynamic Meridian staff who bring a wealth of peer-based lived experience, professional experience, local knowledge and academic education. Our training methodology is a combination of presentation and discussion, incorporating multimedia, and practical activities. We have a 'no wrong question' policy to ensure all participants have an opportunity to fully involve themselves in their training experience.

All training is provided in small groups of up to 25 participants and can be delivered face-to-face or online via Zoom or WebEx. Active and engaged participants leave with new skills, new insights and a wide range of valuable resources, tools and strategies.