FOR PARTICIPANTS · GUIDE

What to Expect

A useful conversation about something that actually matters to you.

What participation involves

Usually a small, relaxed gathering or online session. The host welcomes everyone, a qualified facilitator introduces the topic, and the group talks it through. You leave with practical ideas and resources. You are welcome to listen without speaking.

What you can rely on

- The business supporting the programme is identified
- The conversation is not a compulsory product presentation
- You are not required to disclose personal difficulties
- Participation does not authorise commercial contact
- You decide whether you want further resources or an introduction
- Sensitive conversations follow professional boundaries

Your choices

Level	What the participant does	What the business receives
Level 1: Exposure	A person attends a conversation.	The participating business receives no personal information. Attendance never authorises the transfer of contact details.
Level 2: Engagement	A person chooses to request resources, give feedback or engage further with the programme.	The business sees only aggregate, anonymised information. In small groups, figures are combined or withheld so that nobody can be identified.
Level 3: Introduction	A person separately and specifically asks to be contacted by an identified business or provider.	Only the information needed for that introduction is shared, and only for the purpose the person requested.

These conversations are facilitated discussion and education, not therapy. If you need personal support, the facilitator can point you to appropriate services. If you or someone else is in immediate danger, contact local emergency services.