

5. Session plan: Guest speaker discussion

<i>Volunteer</i>
Learning objectives
By the end of the session participants shall be able to: <ul style="list-style-type: none">• Explain a person's lived experience of disability.
Time allocated
<ul style="list-style-type: none">• 30 minutes.
Resources needed
<ul style="list-style-type: none">• Person with a disability.
Preparation
Identify and brief: <ul style="list-style-type: none">• A person with a disability in the community who is empowered and independent and who understands the rights-based approach to disability. Note: You may also select one of your participants to fulfil this role, but in this case ensure you brief them well, and give them lots of notice so they can prepare.• Depending on your and your speaker's preference, you can use the sample questions provided, or ask your speaker to speak for about 10 minutes about their life and experiences before providing time for participants to ask questions. If they are going to speak without being 'interviewed' you can give them some ideas of things they might like to include from the briefing notes at the end of the session plan. Familiarise with: <ul style="list-style-type: none">• Guest speaker discussion session plan content.
Trainer's notes:
<i>It is recommended to include a guest with a disability to explain disability from his or her own experience on the first day of the training to ensure training is not only theoretical but includes the perspective of persons with disabilities from the start. The guest speaker may be one of the participants or trainers of the training, or someone from the community. You may also decide to include more than one 'Guest speaker' session in the training programme if time permits.</i>

5.1 Guest speaker in discussion (30 minutes)

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Write on BOARD:

- Guest speaker (write name)

Introduce the session and the guest speaker who has agreed to discuss their experiences and perspectives with the group today.

Explain: In this session we will learn about our guest's first-hand experience as a person with a disability, and then we will have the chance to ask him/her questions.

If the speaker is going to give their own life experience you can hand over to them.

If you are going to run the session as more of an interview, progress with your questions. You can use any relevant ones below, or any others you choose to use.

1. **ASK:** Have you been to school? How was your experience?
2. **ASK:** What social activities do you enjoy and do you face any challenges to access them?
3. **ASK:** Do you work? What is your occupation and how did you decide on it?
4. **ASK:** How do other people react when they meet you for the first time?
5. **ASK:** How do their reactions make you feel
6. **ASK:** What do you feel are the main challenges for persons with disabilities?
7. **ASK:** Can you tell us about your life as a person with a disability? Were you born with it or was it acquired? (this may be obvious so this question may not be necessary).
 - *If it is congenital:* How did you feel growing up as a person with a disability – what did you notice you could or could not do?
 - *If it is an acquired disability:* Can you explain how you acquired it and if and how it changed your life in terms of what you could or could not do?
8. **ASK:** What would you like to be able to do that you feel you can't do at the moment? Do you think it's achievable? If so, what needs to change?

Invite participants to ask the guest speaker any other questions they have.

Ask participants what they have learnt from the guest speaker.

Thank the guest speaker and close the session.

Briefing notes: Guest speaker to dialogue with the group

Identify a person with a disability in the community who is empowered and independent and who understands the rights-based approach to disability and the UN CRPD. If he or she has a good understanding of the UN CRPD they can link their experiences with them. If they do not, you can as the trainer make the links at the end of their talk.

Ask the person to prepare a short presentation of about 10 minutes to give some examples of their own lived experiences as someone with a disability highlighting for example:

- If they have ever been treated with suspicion – when people have avoided them or considered they are cursed.
- If they have been treated with pity, and been considered worthless
- If they have ever been marginalized and excluded or discriminated against
- Situations where they have challenged institutions or individuals to demand their rights
- If they have been involved with any Organizations of Persons with Disabilities (OPDs)
- If people's attitudes have ever been focused on finding a 'cure' for them
- When they have been included in activities or encouraged to achieve their potential
- When they have felt powerless or powerful – and what have been the factors contributing to that.

