

SEXUAL HARASSMENT & WORKPLACE CULTURE WORKSHOP

FACILITATORS



BECKY FELSTEAD

AND



LACHIE SAMUEL

GENERAL OVERVIEW:

Becky and Lachie are both former FIFO workers who have overcome their own mental health challenges, with Becky being sexually harassed both in corporate and FIFO, and Lachie having been a narcissistic cheater.

This two-prong approach, from both a male and female perspective, will help create a connection with men, allow them to drop their guards, and open them up to receiving what Becky will share. It will also show women that change for a man in this position is possible, as well as allow them to connect to and feel safe with Becky.

TOPICS TO BE COVERED THROUGHOUT THE PRESENTATION:

- Ownership - without this, we blame, hide and shame to create safety within ourselves.
- Values - without these, we don't know our expectations of ourselves and others. This leads to resentment, frustration, isolation, avoidance, and blowups.
- Boundaries - the importance of being aware of and communicating then enforcing boundaries
- Communication - how to communicate your values and boundaries respectfully to ensure others are aware of your expectation of their behavior

SESSION LENGTH

90 - 120 mins.

This is what we have seen to work best.

LAYOUT OF PRESENTATION:

1. Intro and ice breaker
2. Safety and referral pathways.
3. Powerful questions to create engagement
4. Lachie shares his story of cheating and narcissism, allowing men to connect and see themselves in his story.
5. Lachie to share his impactful journey from low to high, as well as the changes he made.
6. Lachie to talk about ownership, values, boundaries, and respectful communication.
7. Becky to share her story of sexual harassment.
8. Becky to share her journey from low to high, as well as tools/methods she used to do so.
9. Becky to share on boundaries as a woman, limiting beliefs and the power of support.
10. Wrap up - highlight referral pathways. EAP and psych, if there is one present for the workshop.