



Co-Facilitator JDF



1. What is the My Voice, My Rights, My Way project?

My Voice, My Rights, My Way offers free workshops and resources that teach self-advocacy skills and build knowledge on how to better navigate and understand the mental health system.

The workshops are co-designed and facilitated by people with Lived Experience of mental health challenges.

The project is part of CoMHWa and funded by the Department of Social Services until June 2027.

2. About CoMHWa

Consumers of Mental Health WA is the peak body for people with Lived Experience of mental health challenges (consumers) in Western Australia.

We are a member-based organisation and work together as a lived-experience community to amplify consumer voices and deliver positive change.

3. Co-Facilitator Role FAQs

- How do I know if the co-facilitator role is for me?

The role of co-facilitator is for you if you have a passion for empowering people to become better self-advocates and enthusiastic about providing tools to support consumers understanding and navigating the mental health system in WA.

- Do I need formal facilitation experience or peer work qualification?

Previous facilitation experience is great, however not essential. We are looking for people who can use their own Lived/Living Experience of mental health challenges to help others, no formal qualification is required.

Some general requirements are as follows: represent CoMHWa's values, uphold peer values and principles, be a current CoMHWa member or willing to become a member, complete all required administrative paperwork.

Co-facilitators should demonstrate the criteria listed below.

Essential	Ability to use your own Lived/Living Experience to support learning outcomes	Example: Sharing relevant examples of self-advocacy experience or experience navigating the mental health system in WA
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	Identify as a consumer and understand the CSX movement	Example: Understanding the challenges consumer face when navigating the mental health system
	Participate actively in the workshop delivery and the post-reflection session	Example: Explaining content in an accessible manner or running activities
	Work collaboratively with the lead facilitator	Example: Be available for briefing pre-delivery and support the lead facilitator effectively, willingness to help with set-up of the room and pack-down, time keeping
	Ability to receive and assimilate feedback	Example: Be open to receiving feedback from the lead facilitator or participant feedback form to improve
	Enthusiastic about delivering an Acknowledgement of Country	Example: Personalising Acknowledgment of Country
	Understand the importance of Recognition of Lived Experience	Example: Explaining to participants why it's important
	Deliver content confidently	Example: Ability to adapt content or activities based on the group's needs with the support of the lead facilitator

Desirable	Recognise and navigate power dynamics	Example: Ability to share space amongst participants, making sure everyone is heard (not forcing participation)
	Understand positionality and privilege and how it shows up in group dynamics and self-advocacy	Example: Understanding that marginalised populations experience an increased risk of discrimination
	Ability to contribute to creating and maintaining safer spaces	Example: Taking into consideration cultural needs or accessibility

	Have knowledge of safe sharing/sharing with purpose, holding multiple truths and trauma informed practice	Example: Encourage participants to share intentionally, supporting participants to share different perspectives or experiences and validating them, using appropriate language and gently calling-in participants
	Ability to provide peer support	Example: Provide one on one check-ins and hold space for participant to debrief, feel heard and validated

- **What support or benefits can I expect?**

You will be part of an exciting project and supportive team.

As a co-facilitator, you will receive an induction, full run through of the workshops and mentoring from the lead facilitator to support your professional development and advance your career in the peer workforce.

You will receive consumer representative payment for your time, which is currently \$37.50 per hour, and the option to attend additional training at CoMHWa.

4. How do I apply?

Please complete the expression of interest form online [EOI Co-Facilitator Role My Voice, My Rights, My Way \(Self-Advocacy Workshops\) - Sept 26 – Fill out form](#)

EOIs will close on Sunday 20th September at midnight. If you are successful, you will be notified by Wednesday 23rd September at 5pm and invited to attend the next steps of the onboarding process. Induction will start week commencing 28th September, dates to be announced.

If you have any questions, please email the My Voice Project Manager, Elena at emaugen@comhwa.org.au