

Workshop:
**Career opportunities and handling the dilemma of whether to be open
about a mental health condition**

Workshop facilitator: Liz Sayce

Summary of workshop

The purpose of this workshop will be to explore how services can support the career opportunities of people with mental health conditions – going beyond just ‘a job any job’, to supporting a career in which the individual can develop skills and fulfil aspirations. Participants will be encouraged to think about how they can offer support to people’s career development, by helping people to:

- identify aspiration
- deal with the decision about whether/how/to whom to be open and
- take steps to pursue their ambitions.

Participants will also be encouraged to consider practical ways mental health services can encourage career development (for instance, working with employers or other partner organisations).

The workshop will consist of the following 3 elements:

1. An 8 minute DVD of the experiences of people who have participated in a leadership development programme, run by RADAR. The DVD is on YouTube at http://www.youtube.com/watch?v=ZwL_dOtd48
2. A Powerpoint presentation, outlining findings of research into what supports people to develop sustainable careers and a peer support that has grown from it. The Powerpoint presentation is attached and the research can be read at <http://www.radar.org.uk/dsdexecsum.pdf>
3. Finally participants will be asked to address 4 questions, outlined on the attached Worksheet.

Liz Sayce. October 2010