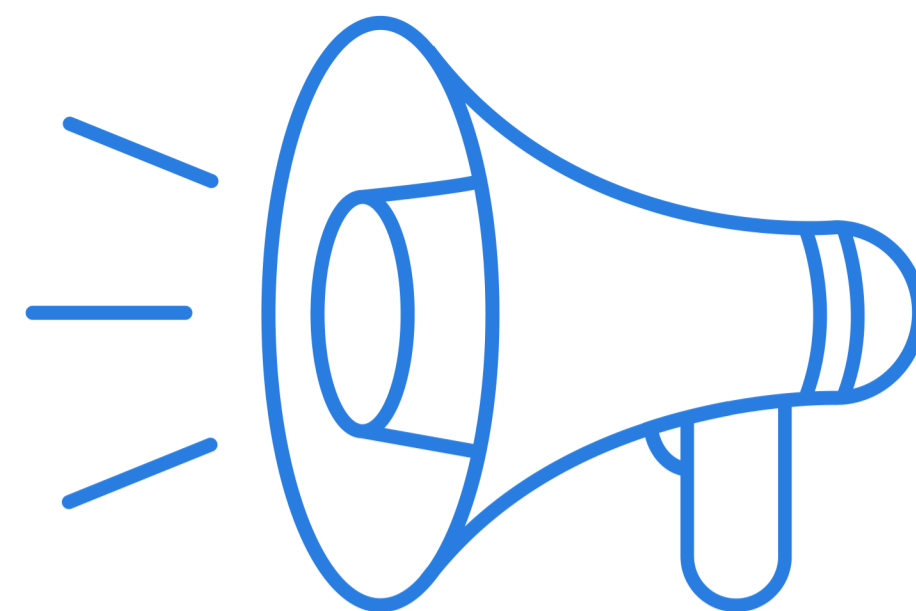


Top Tips for Sounding board members



These tips are equally useful to existing and new members of the sounding board.

Whether you are meeting the sounding board online, face to face or in a hybrid meeting these tips are designed to help you get the most of your time with the sounding board.

Be passionate, be yourself, bring your breadth of experience not only as an older person but as a complex multi-faceted human being.

Make everyone feel welcome and introduce yourselves.



If a member has triggers, contact the facilitators discreetly and let them know so they can be aware and signpost to relevant information for support.

It is hard to separate personal experience as this is what the 'sharp end' of policy and strategy decisions looks and feels like, however, it is unlikely that the person presenting can sort out your personal challenge.



Think how you can involve your wider networks in the conversations before they happen.

Think how you share with your wider networks the outcomes of the conversations.

Connect and communicate with other board members outside of the meetings (for example through WhatsApp or email).



The discussion will be limited to the group work in breakout rooms, and questions to the speakers will be for clarification. The wider discussion will be in smaller groups, making it easier for everybody to get their voice across.

It can be useful to frame questions and challenges in a way that draws on your personal experience but seeks to highlight how that can be generalised to a wider population.

