



Expressions of Interest: Lived Experience Advisory Council Self-Reflection

This Self-Reflection Tool is designed to support people who are considering applying to join the Lived Experience Advisory Council.

It complements the Application Information Pack. It is not part of the formal assessment process and does not need to be submitted.

Its purpose is to help you consider:

- Whether this role feels right for you at this time
- What support you may need to participate safely and constructively
- How your lived or living experience of domestic, family and/or sexual violence may inform systems change

If you need support right now

If you are in immediate danger, call triple zero (000).

It is important that you feel safe and supported while you consider this expression of interest, prepare an application and participate in the LEAC.

You can contact 1800RESPECT (1800 737 732) for support at any time.

1800RESPECT is a free, confidential 24/7 counselling service that provides support to people who are currently experiencing, at risk of experiencing, or have past experience of domestic, family and sexual violence. Further information can be found at www.1800RESPECT.org.au.

Self reflection tool

Reflecting on readiness

Am I ready to join the Council?

Consider the following questions:

- Why do I want to join the Advisory Council?
- When you think about your lived or living experience of domestic, family and/or sexual violence, how comfortable do you feel reflecting on it in general terms?
 - Are you able to discuss systems, services or policy issues without needing to describe personal details?
 - What helps you feel steady and grounded when difficult topics are discussed?
 - Are there topics that may feel particularly difficult for you?
 - Is this a suitable time in your life to take on a governance or advisory role?
 - What might signal to you that you need to pause, take a break or seek support? Are you able to ask for support when you need it?

Time commitment and practical considerations

Do I have the resources I need?

Council membership involves:

- Up to 6 hours every two months for meetings
- Reading papers before meetings
- One to two in-person meetings per year
- Optional additional engagement opportunities

Reflect on the following:

- Can you commit to attending at least 80 percent of meetings?
- Are you able to manage the time required to prepare for meetings?
- Are you able to travel for in-person meetings as required?
- What adjustments or supports might help you participate fully?
- Are there work, caring or personal commitments you need to consider?

Participating in a group environment

Am I ready to participate in a group that has diverse experiences?

Council members work collaboratively. Members may have different identities, experiences and views.

Reflect on the following:

- How do you usually respond when someone has a different perspective from you?

	• Are you comfortable listening to experiences that differ from your own? • Can you contribute respectfully even when you disagree? • Are you able to maintain confidentiality about discussions? • Can you focus on improving systems rather than resolving individual cases? • Are you open to learning more about how government systems and policy processes work?
Motivation and contribution	
Is this the right time for you to join the Council?	Reflect on the following: • Why does this opportunity feel important to you? • What strengths, perspectives or insights do you believe you could bring? • How might your lived or living experience help improve systems, services or community responses? • If you decide not to apply at this time, what will need to change for you to feel ready in the future? • How do you feel about work that may take time to see change or progress?
Boundaries and wellbeing	
What are my boundaries?	Consider the following: • What boundaries are important for you when contributing your insights? • What information would you prefer not to share? • How will you look after your wellbeing before and after meetings? • Do you have trusted supports you can debrief with if needed? • What would help you feel safe and confident in this role?
Safety, privacy and impact on others	
Is there safety legal or privacy considerations that will impact your ability to contribute?	Participating in the Lived Experience Advisory Council is designed to be safe and supportive. However, it may be important to consider how involvement may affect you and others in your life. Consider the following: • Could participating in this Council affect your personal safety in any way? • Am I involved in any legal matters that could be affected by public or advisory work? ○ Do I need legal advice before taking part?



	• Is your current living situation safe for you to take part in discussions about domestic, family and/or sexual violence? • Are there people in your life who may be impacted by your involvement in this role? • Would you feel comfortable explaining your involvement in general terms to family, friends or colleagues, if needed? • Are there any cultural, community or workplace considerations that may influence your decision to participate? • If your name were publicly listed as a Council member, would that raise any concerns for you? (Currently we only publicise people's first names) • What level of visibility would feel safe and appropriate for you? • What support would help you manage any impact on your family, relationships or community? • If concerns arise about your safety or privacy, do you feel comfortable raising them with the Commission?
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