MNÁ LE CHÉILE

LISTENING TO THE WISDOM OF WOMENS LIVED EXPERIENCES

What is Lived Experience?

Lived experience refers to the personal experiences that individuals have in their lives, which can sometimes relate to specific challenges or social issues.

Why is it important to listen to the Lived Experiences of women?

Women and mothers, as experts of their own lives, bring invaluable wisdom through lived experiences. Their voices and leadership are crucial for driving real change. Genuine change happens when lived experiences lead decision-making, guiding impactful solutions.

Shifting Focus: Platforming Women's Voices and Lived Experiences

We all want health and wellbeing services in Ireland to support women and mothers the best that they can. To achieve this, we need to prioritise the insights of women and mothers and shift power dynamics so that their experiences and self-determination can inform and improve services and programmes.

Ensuring lived experiences are honoured and heard: Key Principles

Respect and Dignity:
Treat lived experience with respect and dignity.

Collaborative Partnerships:
Foster partnerships for co-design and implementation.

Continuous Improvement:
Embrace feedback for ongoing enhancement

Accountability and Transparency:
Maintain openness and accountability

Centering Voices:
Prioritise the voices and perspectives of individuals with lived experience in decision-making processes and program development.

Commitment to Listening and Tangible Changes:
Commit to actively listening to the needs expressed by individuals with lived experience and making tangible changes in response to those needs.

Holistic Approach:
Address interconnected social factors affecting well-being.

Cultural Sensitivity:
Respect diversity and cultural backgrounds.

Leadership Opportunities:
Provide opportunities for women with lived experience to fulfill leadership roles and

Equity and Inclusion:
Ensure representation of all voices.