

# LEVEL UP LIVED EXPERIENCE

The HOW Behind the WHY

## SUMMARY

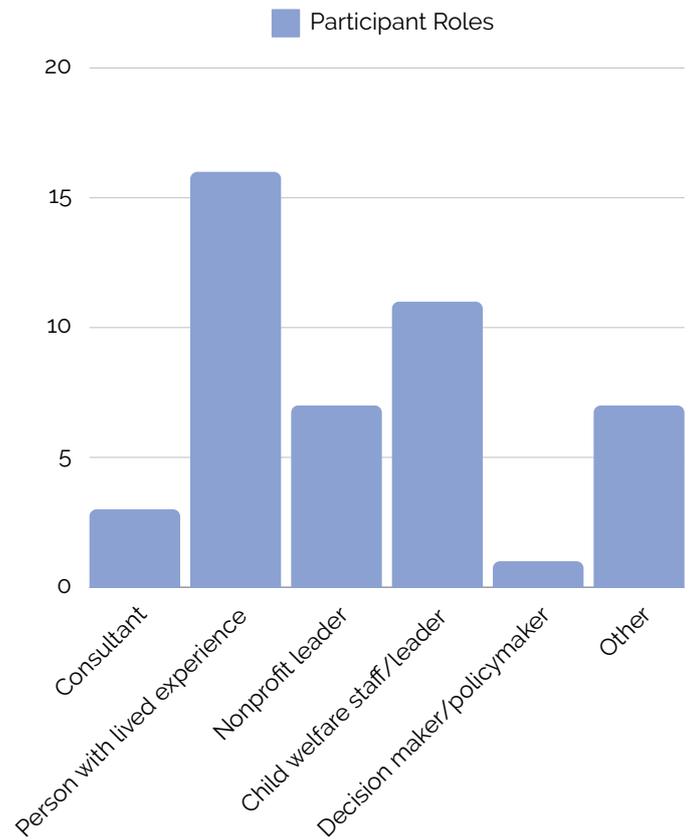
In March 2025, the dynamic, one-hour virtual training "Level Up Lived Experience: The HOW Behind the WHY" supercharged how participants approach community interaction, moving from theory to impactful action. Led by subject matter expert Valerie Frost, this fast-paced session provided participants with powerful strategies to elevate their lived experience engagement. Key topics included authentic involvement at every level, equitable compensation, building and sustaining councils, and integrating lived experience into workplace culture. Through interactive elements and knowledgeable insights, attendees walked away with concrete tools and real-world solutions to transform their engagement practices, sparking more authentic and inclusive connections with their communities.

## AT A GLANCE

- 55 participants
- Representation from 2 countries and 19+ US states
- 6 topics covered
- 3 resources referenced
- 2 checklists provided
- At least 3 live engagement methods used

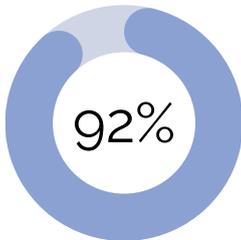


Valerie was extremely engaging and knowledgeable on each subject. The information shared was amazing. Great presentation. The information is actionable right now! I loved the tips. I would pay for more. It was a great training. It was a good high-level overview/primer which covered a lot of topics with helpful tips! This has been very insightful and has caused me to think deeper so that I can do more! Thank you for welcoming me and for such important information! Good information. Thank you for the session and for your work and advocacy! Thank you great training.

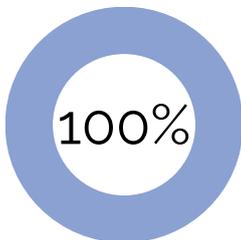


## Key Insights: Standout Themes for Participants

- Avoiding system mimicry (practices that are oppressive, re-traumatizing, and reinforce power dynamics)
- Addressing compensation barriers (e.g. benefits cliff, accounting procedures)
- Ensuring intentionality and thoughtfulness in engagement
- Promoting psychological safety for individuals with lived experience
- Encouraging reflective practice among systems and professionals
- Providing mentorship or a designated point of contact to ease discomfort and bridge the gap between lived experience and professional expectations



Rated 8+ out of 10 for likelihood to recommend this training to others



100% of participants' expectations were met, with 41% having their expectations exceeded

## ACKNOWLEDGEMENTS

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