

Meeting Skills and Communication



Communication Tips

Listen actively – don't daydream or look around when someone is talking to you

Try making eye contact or even look at people – it looks professional

Don't worry - no one will judge you so be yourself

Tell them your opinions – every voice is heard

Keep a script if you think you will forget what you're saying – but don't just look at a script

Ask open ended questions – act like you are interested

Say what's on your mind

Be clear!



Example of a Board Meeting



Understanding Papers Before Meetings

Read carefully and take your time!

Ask questions if you need help or don't understand parts of the papers or what is going to be discussed

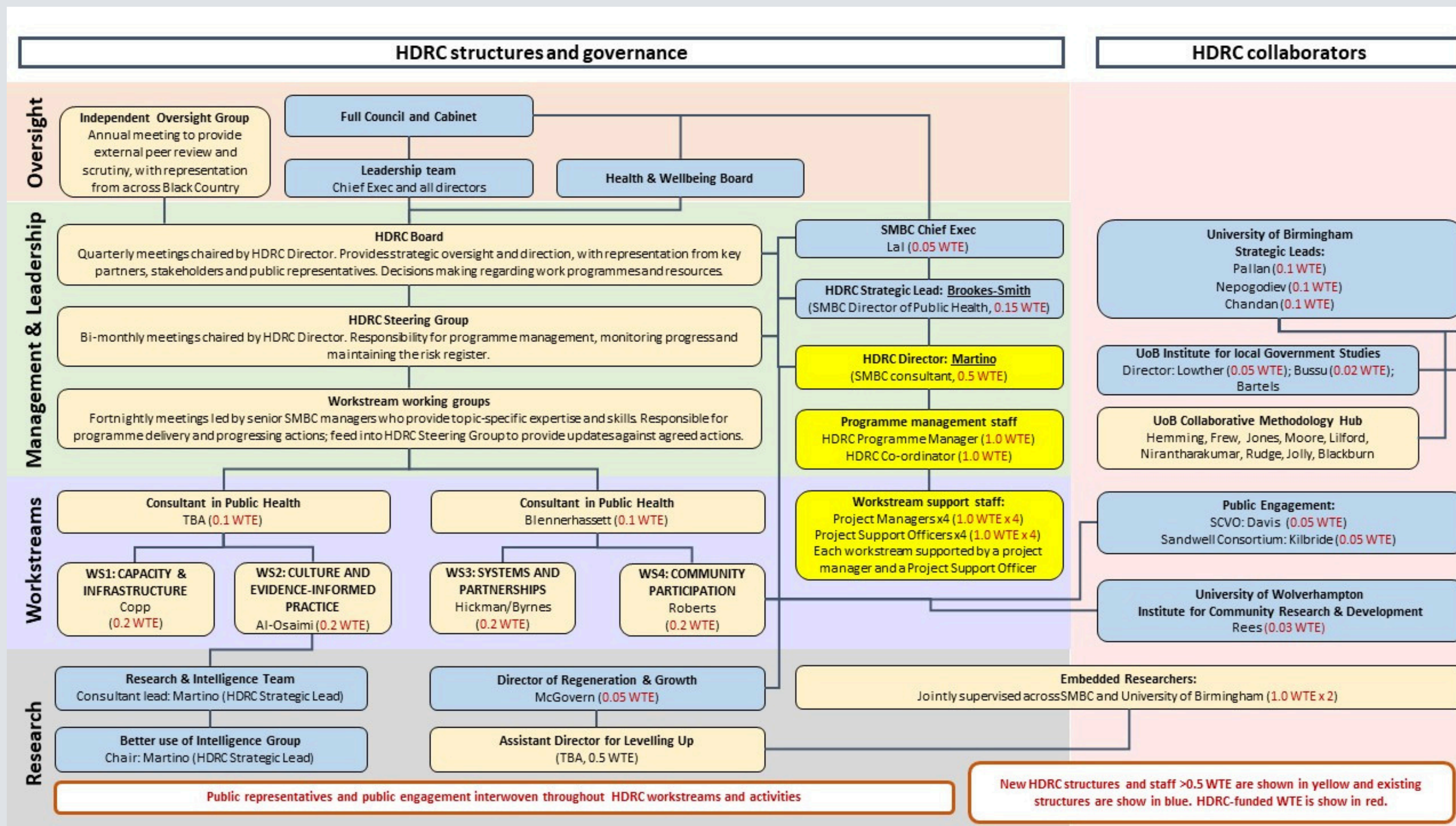
Don't skim and scam! Read the papers word for word so you can understand everything



Introduction to Governance



HDRC Governance





Youth Voice in Governance: Advocacy, Inclusion and Lived Experience

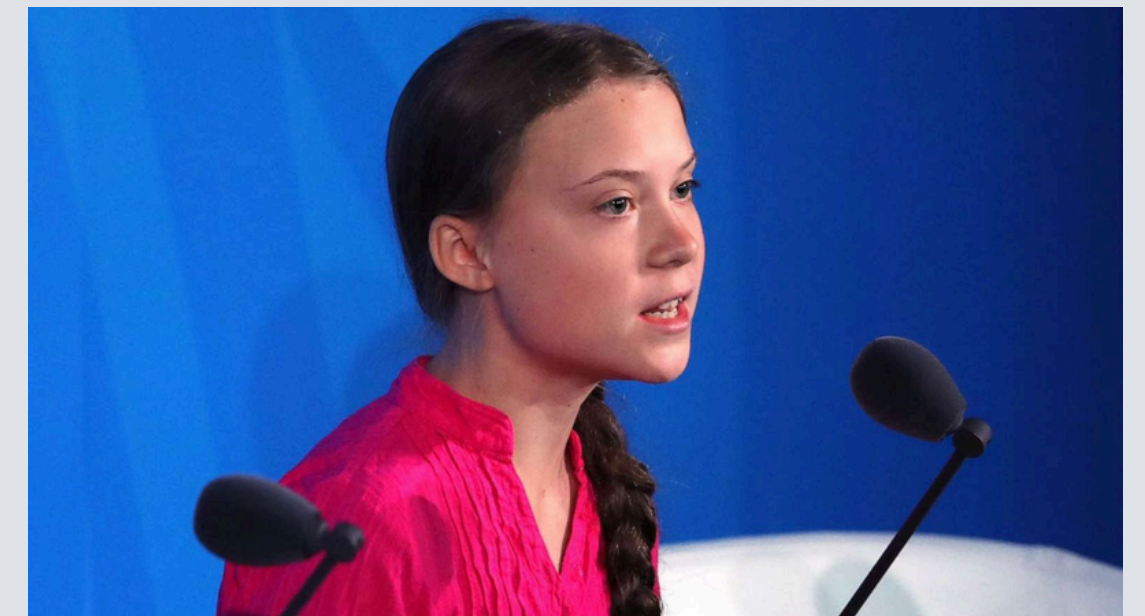


Why Youth Voice Matters

Around 40% of the world is under 25 - but most decisions are made without youth input

Youth voice = better, fairer, more forward-thinking decisions

Lived experience = lived expertise



What is Governance?

Governance = how decisions are made, who holds power, and how organisations stay accountable.



Who's Really at the Table?

Only 3% of charity trustees are under 30

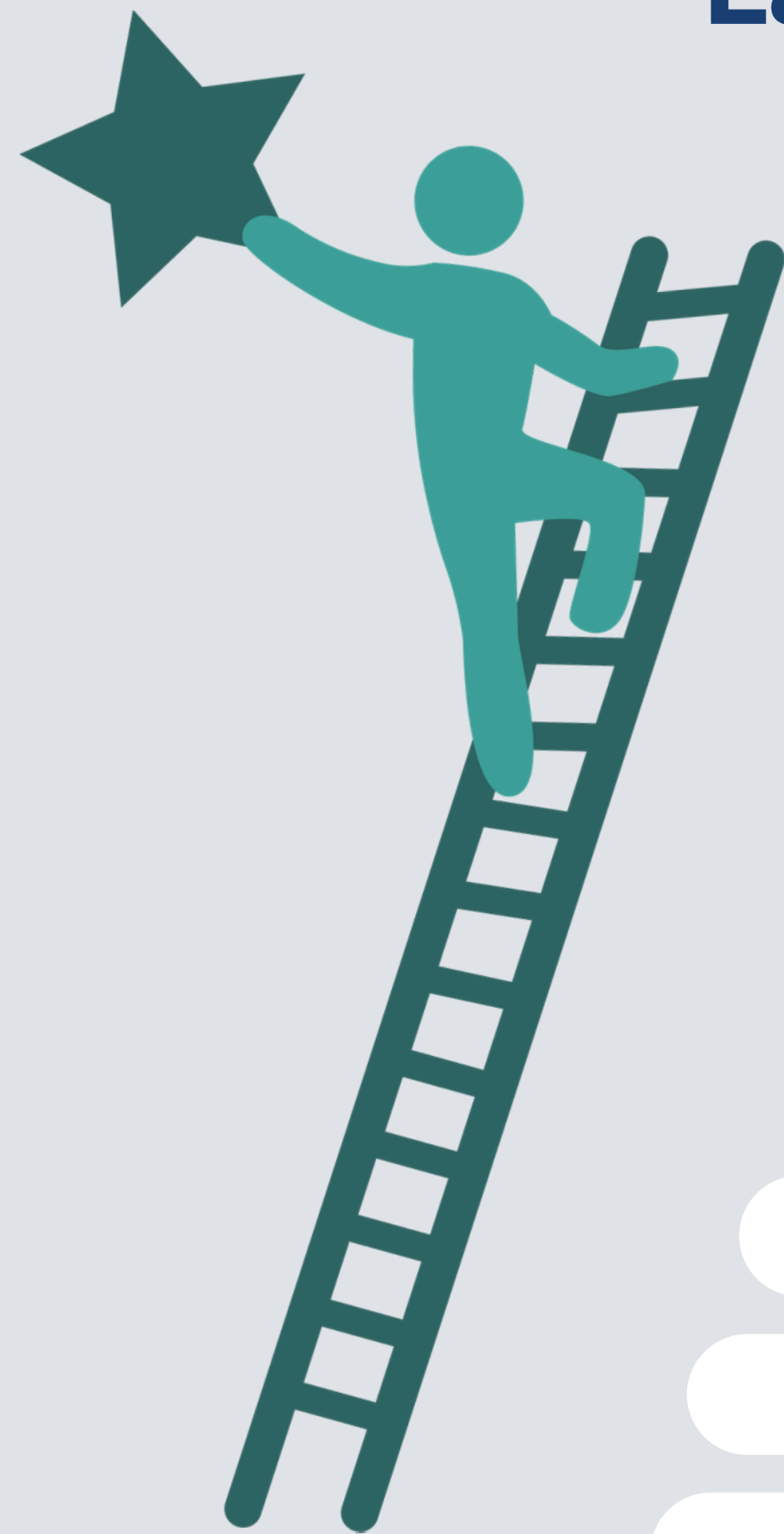
Average trustee age: 61

Most common trustee profile: white, retired man named **John**

Yet, many organisations serve young, diverse communities



Ladder of Participation



- Youth-initiated and shared decisions with adults
- Youth-initiated and directed
- Adult-initiated, shared decisions with youth
- Consulted and informed
- Assigned but informed
- Tokenism
- Decoration
- Manipulation



Degrees of participation

Non-participation

What is Lived Experience?

Knowledge from lived reality: not theory, but truth

Examples: being a carer, navigating services, experiencing inequality

It's not just "a story" – it's expertise that others don't have.

It should inform decisions and strategy



Real Inclusion vs Tokenism

Tokenism: "Let's invite a young person to tick a box"

Inclusion: "Let's co-create this with young people from the start"



Advocacy In Action

Asking bold and uncomfortable questions

Sharing your lived experience to shift perspectives

Holding leaders to account

Challenging decisions when something feels unfair

Speaking up, even when it's intimidating





Activity



Icebreaker

If you had a magic wand, what is one change you'd make in your school, community or service you use?



Task

You will be given a scenario based on one of the wider determinants of health. Thinking about this scenario how would you answer the questions below:

What lived experience relates to this issue?

What would a young person say on the board?

What change or action would you suggest?



Reflection

After looking at this scenario have a think about what it important to you. Try using the questions below to reflect:

What is one issue that matters to you? Try to focus on the building blocks of health

Think of one way you would like to use your voice on the board

What would help to make you feel confident sharing your views and opinions?

