



This Iz My Story

“This Iz My Story” (TIMS) is a bespoke service that provides interventions that use a person-centred approach to begin the process towards a racially literate society that uses anti-racist practice and empowerment to provide an inclusive environment for all.

www.thisizmystory.co.uk

Your Truth is your **Freedom** Your Truth is **your Power**



TIMS Motto

When individuals tell their truth it empowers them, builds their confidence, gets results and creates a well-rounded individual who will be able to reach their full potential and achieve to the best of their abilities, throughout their life.

TIMS Mission

This Iz My Story (TIMS) has a mission to use the power of speech and education to promote awareness of the impact of racism and negative behaviours on people of colour through the insights of telling their story.



An Alternative way of embracing change

Our Services



This Iz My Story provides holistic interventions across chapters which allows for marginalised people to be heard and supported by all to allow for racial literacy and empowerment to begin.

Each chapter is centred around your organisation and you are given the option of selecting the chapters that will benefit your organisation to positively move forwards towards racial equity, racial literacy and change in leading by example.

All of TIMS services encourage employee and service user retention and attendance.



Active Listening Seminar



A virtual or face-to-face 'Story' where the accounts and lived experiences of racism and/or negative behaviours are told within a psychologically safe environment. A TIMS 'Author' will facilitate the seminar alongside chosen 'story teller's' from your organisation.

Benefits of TIMS Active Listening Seminar's:

- 'Active Listeners' gain an insight of the racism and negative behaviours experienced by people of colour within their working environment.
- 'Active Listeners' become advocates of change by acknowledging and recognising the 'Stories' heard.
- Story Telling is therapeutic for the 'Story Teller' because it promotes healing and positive mental health.
- Active Listening seminars empower both the 'Story Tellers' and 'Active Listeners' allowing them to work together in becoming ambassadors of change, creating a healthy, happy working environment, which embraces all.

Active Listening live Seminar (Online) up to 90mins.

Psychotherapy Aftercare session is a minimum of 35 mins and is compulsory for story tellers aged 18yrs and under and/or are deemed vulnerable.

Psychotherapy is provided at the end of each seminar for the 'story tellers' aged 18yrs old and under and for those who are deemed vulnerable.

Psychotherapy can be provided for Adults (18yrs +) and Active Listeners if required at an additional price, please specify if required.



Chapter 2

Active Listening Seminar Reflection

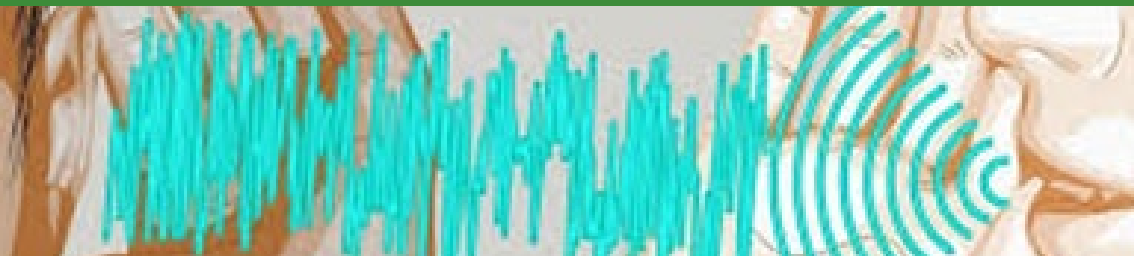
Active listeners from the seminar are encouraged to reflect upon what they have heard and learnt from the stories told.

Active listeners will reflect on:

- What the impact of the stories has had on them.
- How they can move their personal practice forward to support change.
- Whether their own practice or real-life situations may have contributed towards racism and/or negative behaviours.

Benefits of TIMS Active Listening Seminar Reflection:

- Initiate thinking and engagement towards anti-racism and empowerment working processes.
- Increases self-awareness.
- Gain new insights of self and others.
- Address own feelings, thoughts and behaviours and take responsibility for them.



Chapter 3

First Edition Workshop (Age 7-16yrs)

Second Edition Workshop (Age 16 – 18yrs)



Service Users

Allows young people to engage in activities that helps them recognise racism and negative behaviours and encourages them to have confidence in becoming the 'Author' of their own story, equipping them with the necessary tools to manage and stomp out discrimination and negative behaviours by encouraging their growth mindset.

Benefits of TIMS 1st & 2nd Edition Workshops:

- Empowers individuals by encouraging self-reflection.
- Provides confidence and security enabling them to succeed and achieve in their personal future goals.
- Builds self-esteem to strengthen positive coping mechanisms to manage future confrontation, injustice, discrimination and peer pressures.



Chapter 4

Third Edition Workshop (18yrs +)

Employees

Provides training on key concepts of racism and the steps and actions that can be taken towards becoming pioneers of change.

Benefits of 3rd Edition Workshops:

- Strengthens Racial Literacy through learning.
- Uses self-reflection as a step towards systematic change.
- Promotes best practice to improve inclusivity and implement tangible solutions.



Chapter 5

TIMSupport



An 'OFSTED' style programme where observations are carried out to inspect how racially literate and inclusive your organisation is. A person-centred support report with actions is then provided from the findings to allow for inclusive working practices for all employees and service users.

Benefits of TIMSupport:

- Self-growth for all practitioners.
- Creates a happy, secure and inclusive working environment for all.
- In line with the new initial teacher education (ITE) inspection framework 2020.
- Observations allow for issues to be addressed, resulting in positive processes and tangible solutions to support the inclusivity of each organisation.
- Job Satisfaction



Chapter 6

Executive Summary

Briefings with executives to discuss the 'story' of your organisation as a result of participation from the other TIMS chapters. Examples of good practice, real-life issues and practical, realistic ways to provide assurance towards leading positive change.

Benefits of an Executive Summary:

- Evolve working practice and processes to support and implement change.
- Addresses real-life issues to improve inclusivity and develop positive strategies.
- Creates an equal society within your organisation that is free of discrimination and empowers all.
- Work alongside seasoned professionals to become ambassadors of change.



Chapter 7

Induction Training for New Staff

In teaching and addressing concepts of racism and negative behaviours as an institutional and interpersonal issue. This training is an integral part of a new employee's induction and allows for them to begin their career with recognition of racial literacy.

Benefits of Induction Training:

- In line with the new initial teacher education (ITE) inspection framework 2020.
- Ensures that all new staff have an all-inclusive start to their career.
- A step towards eradicating racism and negative behaviours from day one.



Chapter 8

TIMS Advisory Phonenumber Service

Trained counsellors provide a private and confidential service that supports people of all ages and backgrounds who have faced or are facing discrimination or negative behaviours.

Coming Soon



Chapter 9

TIMS E-Learning programme

An online short course which can be classed as part of an employee's continuous professional development (CPD).

TIMS E-Learning programme will allow for individual learning and growth to take place, encouraging racial literacy and empowerment.



Anne-Louise Critchlow

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This Iz My Story Founder & Director

Anne-Louise Critchlow is a lifelong advocate of racial equality, empowerment and education. With over 20 years of experience in education and social work, she is a seasoned professional whose mission is to ensure that individual's voices are heard, with a focus on girls, women and those from historically marginalised backgrounds.

Anne-Louise is a deeply committed, passionate and visionary leader who uses her personal, professional and academic lived experiences to advance social justice and empowerment within a variety of establishments.

The breadth of Anne-Louise's career has been dedicated to research and practice around the racial injustices and negative behaviours faced by people of colour, allowing her to become a positive role model, accomplished leader and entrepreneur.

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