

Common Ambition's Approach to Trauma Informed Co-production

The Common Ambition team has worked hard over the last three years to co-produce a trauma informed approach to their work. For Common Ambition, co-production means bringing people with lived experience and professionals together, with a shared purpose, on equal terms to generate and develop ideas for change in a safe space. Common Ambition aims to balance out power, make joint decisions, build knowledge and skills and ensure reciprocity. For us, being 'trauma informed' means recognising that people's past experiences may affect how safe and confident they feel in different spaces. By being trauma informed we make sure that our spaces are safe and accessible for everyone.

Key things that Common Ambition provide:

- Ensure mentally, emotionally and physically accessible spaces
- We make space for breaks and always have refreshments on hand
- The balcony is a safe space that steering group members can use throughout the meeting
- There is 1:1 space outside of the group to reflect and feedback. The project has dedicated participation leads (Nicki and Jules) who are there to support members to engage in the project
- If a personal issue arises, utilise project support staff
- You can step out of a meeting at any point and a participation lead will follow you to offer support
- We value people's time and invest in building knowledge and skill



How the group works together to ensure a safe space:

- The three c's: Check-in (with how you're feeling), choice (over how you participate) and control (over the work and agenda)
- Ensure people know that there is no expectation to tell your story in a co-production space, you are there to use your experiences to generate ideas for change
- Work together as a team with respect, understanding and drive
- Be transparent and inclusive
- Ensure an equal voice, respect different opinions and come to a consensus together
- Keep things relevant & contextual and stay focussed on what we are trying to achieve
- Respect that people will have different responses to experiences & different thresholds. Don't pressure people into sharing what is personal and only share what you feel comfortable sharing. Accept when people have shared enough
- Don't ask personal questions; staying respectful at all times. You do not have to answer personal questions
- What happens in the room stays in the room, keep sharing within the space and don't talk about other people's experiences outside of the group. Respect each other's privacy
- Make sure the group is always a safe space to speak and encourage feeling heard, empathy & respect

