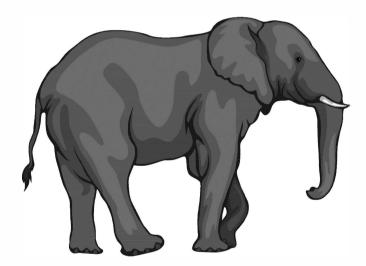
Organisation name	Date	

Speaking up is the first step to solve silent problems

What would you like to say, but you are afraid or you think that it will not change anything anyway?

What is it that hurt you but you never spoke about it?



What makes you anxious, unsure, confused?

What is the one thing that absolutely needs to change for you to stay?