

# LGBTQI+ History Month Matters

This year's theme invites us to remember that history is not just made by moments, but by people — people like us, whose stories shape understanding, challenge systems, and expand what's possible. A reminder that celebrating identity as a source of strength can be healing, uplifting and reaffirming.


## Session Outline

- The importance of belonging
- The harm that comes from being silenced
- How communities can heal, uplift, and protect
- The challenges that remain
- The responsibility of workplaces and society

## Session Includes

- Lots of interaction and an opportunity to hear a powerful, unique story
- A safe space with an opportunity to ask questions, without judgement
- Signposting to resources to support organisational development

### Facilitator: Paris



Paris is a speaker, writer and trainer with a compelling and inspiring life story. She entered the care system at a young age due to her mother's imprisonment, facing multiple placements and significant challenges, which she overcame to become a successful educator and advocate. She holds an MA in Philosophy and Psychology and has worked as a teacher and lecturer in Health, Social Care, and Psychology. Paris has been nominated for several awards, including the Positive Role Model Award for Race, Religion, and Faith at the National Diversity Awards and the CPD Trainer of the Year. She is passionate about helping vulnerable people reach their potential and often collaborates with charities and organizations to promote well-being and inclusivity.