

Confident Voices Galway



A voice and communication therapy programme for transgender women and feminine oriented non-binary people living in the West of Ireland.

Express YOUR Gender, in collaboration with the HSE/NUI Galway Speech & Language Therapy Department, are delighted to announce a new programme to help trans people to develop their voice and communication skills and confidence in a safe, inclusive and supportive space. This programme is kindly funded by the Health Service Executive National Social Inclusion Office and The Ireland Funds.

What's included?

- Two individual sessions, one before and one after the programme, which will involve a voice assessment, case history and personal goal setting exercise.
- Six group sessions (2 hrs) with up to 10 participants, facilitated by voice therapists Margaret Rodden (NUIG/HSE) and Rachel Moore (Express YOUR Gender), with support from NUIG speech & language therapy students.
- Between-session support online.
- All course materials.
- Light refreshments.

What will be covered in the programme?

- Voice exercises to modify the sound of the voice will be introduced during assessment and in week 1. Each week we will revise the previous week's exercises and then build on that work to expand vocal range, and increase pitch and stamina, gently and safely.
- We will target gendered non-verbal communication behaviours (e.g. gesture, posture, facial expression), depending on the individual goals of the participants.
- As this is a holistic approach to voice, vocal hygiene, relaxation and stress management will be integral to the programme.
- We will discuss relevant topics, e.g. gender, workplace communications, public speaking, stress management, social anxiety, etc., as dictated by participants.

How much does it cost to attend?

- Nothing! We are delighted that the programme has been fully funded by the Health Service Executive National Social Inclusion Office and The Ireland Funds, with much support from the HSE/NUIG Speech & Language Therapy Department.
- Participants are responsible for their travel costs and arranging time off work if relevant.

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Where is it happening?

- All individual and group sessions will take place at the HSE/NUI Galway Speech and Language Therapy department onsite clinic, in Aras Moyola, NUI Galway.

When is it happening?

- Group sessions commence on Monday 9th April at 3.00-5.00pm and run over 7 weeks (excluding May bank holiday).
- Assessment sessions will be scheduled in advance of the start date.

Who can attend?

- This is an inclusive, non-prescriptive programme to support trans people in developing communicative confidence, self-esteem and friendships, if wanted.
- Trans women and feminine oriented non-binary people over 18 years of age and living in the West of Ireland, including north-west and south-west, can attend.
- A diagnosis of Gender Dysphoria is not required.
- A particular kind of transition is not required.

How do I apply or find out more?

- <http://expressyourgender.com/transgender-services/trans-voice-therapy-groups/>
- Health Professionals are welcome to contact Rachel Moore for more information before recommending to their clients. Clients should be encouraged to self-refer directly, as below.
- Applicants can find out more or self-refer by contacting Rachel by email rachel@expressyourgender.com or phone/WhatsApp 0864125422.
- Teach Solais LGBT+ Resource Centre in Galway are hosting an information event at 5pm on Monday 12th February, for community members to ask questions and gain further information.



Seirbhís Sláinte
Níos Fearr
á Forbairt

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