



EXAMPLE SUPPORTING STATEMENT

I was diagnosed HIV+ in 2002. I have experience on a personal and professional level across the HIV/AIDS sector with a firm commitment to advocacy for people living with HIV/ AIDS. I have attended a Peer Support Group at the Positive Living Centre in Prahran, the Phoenix Group provided through Living Positive Victoria and the GROW Group also provided through the Positive Living Centre.

My background is in capacity and capability development and organisational performance enhancement I worked initially in London, UK for 20 years and moved over to Australia some five years ago. Recent roles have included as manager of a project exploring options for service development in the new outer suburbs of Melbourne, service development manager at Southern Health and program manager at the Country Fire Authority working with community safety teams to support the implementation of the Bushfire Royal Commission recommendations.

I am passionate about issues that people living with HIV/ AIDS face now and into the future as the changing nature of the HIV/AIDS epidemic evolves. I fully support the Living Positive Victoria Vision, Mission and Values and its guiding principles. I feel in future a key focus could usefully be through greater engagement, listening and learning from people living with HIV/ AIDS and more directly responding to what is learnt from such engagement.

Australia faces a sexual health crisis and is falling well short of the protocols established by the WHO to empower people to care for their sexual health. Sexuality education is a major area where substantial improvement to health and wellbeing could be achieved. Young people should have a voice in the development of policies and sexual health programs. They want to feel empowered through information and education to manage choices and behaviour with regard to their sexual health.

Another area I feel passionate about is the Mental Health of People Living with HIV. A recent study found that 43% of PLWHA's are currently experiencing depression and/or other mental health issues and that the suicide rate among us is twice that of the general GLBTI community. I am passionate about mental wellness especially in the context of my own personal journey with bipolar disorder and see the potential for substantial benefit through a more holistic and personalised approach to integrated mental wellbeing.

Professionally, I have a coaching practice to assist others to maximise their full potential, and enhance their wellbeing, through personalised coaching and holistic training in best practice self-development approaches and methodologies. Through this I am able to use my strong inter personal communication skills and ability to constructively engage to build consensus. I am inclusive and encourage participation of all people affected by HIV/AIDS and aim to help those living with HIV/ AIDS to feel engaged and empowered about their lives and their ability to reach their full potential. With energy, enthusiasm and focus I believe I can add a diverse range of skills, experience and expertise to the board of Living Positive Victoria. *Word Count: 493*