**Workshop Aims & Objectives**

In your disability friendship group how challenging is it to come out as LGBTQ+? If you’re LGBTQ+ how difficult is it to come out about a disability or neurodiversity? What stigma is present in both groups and how does it manifest itself?

For both groups, LGBTQ+ and Disability, sharing very personal information in wider society can be challenging. But at the intersection there is an additional level of sharing that may manifest itself as being treated differently even though you’re already part of a minority group (and would therefore expect a little more tolerance).

We will explore these and other questions in a safe and empowering environment, with opportunities to explore issues and potential solutions.

**Capture your notes**

Notes

Learnings that you will take away from the session

Actions you will take or commitment you will make as a result of this session

Six Thinking Hats

Black Hat - Difficulties, potential problems, why something may not work

White Hat - Data, facts, information known or needed

Red Hat - Feeling, hunches, instinct and intuition

Yellow Hat - Value and benefits, why something may work

Blue Hat - Manage process, next steps, action plans

Green Hat - Creativity, solutions, alternatives, new ideas

Six Thinking Hats is a decision making technique and method used for both group discussions and individual thinking. Combined with parallel thinking process, this technique helps groups think more effectively. It is a means to organise thinking processes in a detailed and cohesive manner.

The approach is that there are six different frames of mind in which the brain can become sensitive. Each of these frames of mind can be found in the brain and create conscious thoughts for certain aspects of the issues that are being discussed, for example, gut feeling, pessimistic views, neutral facts.

The colour hats are used as metaphors for the various states of mind. Switching to a certain type of thinking is symbolised by wearing a coloured hat, literally or metaphorically. These metaphors provide a more complete and comprehensive segregation of the types of thinking than the prejudices that are inherent to the immediate thoughts of people. All these thinking hats help people to think more deeply about a certain topic.