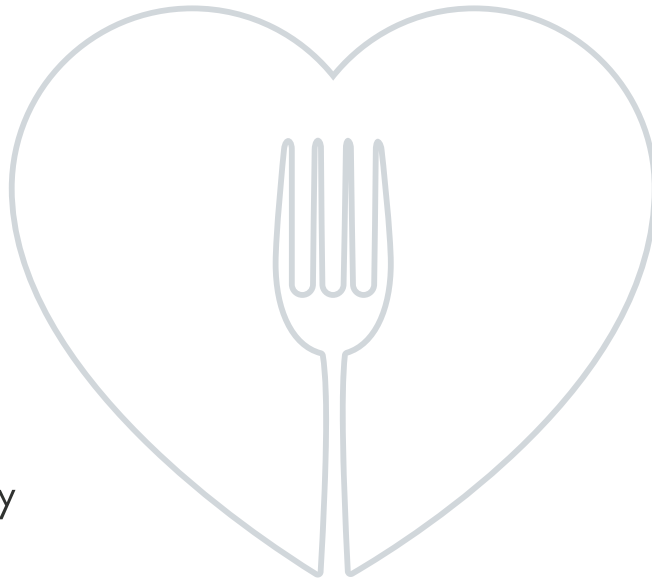


# THE PERFECT PARTICIPATION RECIPE



## INGREDIENTS

- Lived experience
- Active Involvement
- Good communication skills
- Energy and optimism
- Shared power
- Knowledge
- Understanding
- Empathy
- Purpose
- Give and take
- Self-care
- Time for reflection
- Evaluation and review
- Good timekeeping
- Pro-activity not negativity
- Responsive



## BAKING TIPS AND TECHNIQUES

- Always consider flexible and creative ingredients
- Too many cooks can spoil the broth
- The right oven (environment) is needed
- Preparation and 'pre-heating' are needed to get your timing right
- Group hygiene - Thoughtfulness, care and safety
- The right head chef to lead and encourage the team
- The right tools and equipment
- The right customers to taste your recipes - be aware of who your audience is

