

Speaking Out 2025: Activity & Discussion Guide

Ideas for Providers, Groups, & Community Programs

*The Speaking Out Conference is more than a virtual event—it's a **living archive of advocacy, wisdom, and connection**. The recordings on NAA's YouTube channel offer rich opportunities to build group engagement, spark conversation, inspire storytelling, and empower participants to take pride in their voice and journey.*

1:1 Therapy or Individual Use

- **Pick a session** and watch a few minutes together. Pause frequently to discuss:
 - *What stood out to you?*
 - *Did anything remind you of your experience?*
- Use key vocabulary from the panel (e.g., “resilience,” “relationships,” “resources”) as **conversation or writing prompts**.
- Watch a story from the [Personal Aphasia Stories](#) section and:
 - Retell the speaker's story in your own words
 - Share a similar personal story
 - Use pictures, gestures, or supported writing to reflect

Small Group Activities

- **Panel Discussion Reactions:** Break into pairs or small groups to discuss:
 - “What message do you want others to hear from this?”
 - “If you were on this panel, what would you say?”
- **Care Partner Reflections:** Watch one of the caregiver panels and:
 - Invite care partners to share their responses or tips
 - Create a visual “care circle” diagram together
- **Vote & Reflect:** Watch multiple clips (e.g., wellness or PPA sections) and vote:
 - Which was the most helpful? Inspiring? Thought-provoking?

Creative Communication Prompts

Inspired by the [Toastmasters & Storytelling](#) session:

- Write a short speech about an aphasia-related topic (e.g., “What I've learned”)
- Use video clips as story starters: “What would you add to this?”

Wellness Integration

From sessions like “Chair Yoga with Bekah Cloud” and “Music with Amaya Stamm”:

- Use yoga or music clips to open or close a session
- Let it inspire other wellness rituals (breathing, movement, rhythm)

Community and Center-Wide Activities

- Host a “**Speaking Out Viewing Party**”—select a playlist section each week
- Create a **response wall** (digital or physical) with quotes, reactions, or artwork inspired by each session
- Host a **care partner appreciation day** using the Care Partner session as a launchpad

✦ Bonus Ideas

- **“Pass the Mic” Day:** Inspired by the speakers, invite participants to lead the group or share something they've prepared—big or small.
- **Aphasia Advocacy Activity:** After watching the Sarno Award or PPA session, talk about *ways to speak out* in your own way—write a letter, record a short message, create a digital postcard, etc.