

Let's Get Going

Module 1 of the 'A Better Go' training series

Let's Get Going introduces the core concepts that shape how we understand fairness, respect, and gender equity in everyday life.

This **2-hour interactive workshop** is an accessible starting point for workplace teams, educators, and community members looking to build their confidence in gender equity. Whether you're new to this work or ready to deepen your understanding, Let's Get Going is the first step in a bigger journey toward doing gender equity better.

Actively listen

Ask questions

Is this fair?

Is this respectful?

How can we do better?



Who is this training for?



Workplace teams seeking to strengthen culture and inclusion



Educators and school staff wanting to build confidence in leading equity and respect



Community groups, volunteers and local leaders wanting to support safer, more inclusive communities

Where does this module fit?

Let's Get Going is the first module in the A Better Go series. A four-part program that builds your understanding of gender equity and how to prevent gender-based violence.

Let's Get Going

Let's Get Better

Let's Take Action

Let's Make Change



Key Details

Prerequisites

No prior knowledge or training required.

Delivery Format

- **Mode:** In-person
- **Duration:** 2 hour and 3 hour workshops available
- **Style:** Interactive presentation, small group discussions and reflective activities

Materials and Resources

- Participant Handbook
- Access to the online Let's Get Going learning module

Our Facilitators

- Encourage open, respectful dialogue
- Use inclusive language and examples
- Provide access to additional resources and support services

How to register

Email: training@gwhealth.asn.au

This is a fee-for-service workshop.

Learning Outcomes:

Recognise how social norms influence behaviour and expectations

Distinguish between gender equity and gender equality

Understand the basics of intersectionality

Identify how social power operates in everyday contexts

Acknowledge the foundations of disrespect and gendered violence

Workshop Topics and Activities

Social Norms

1

- Definitions and examples
- How norms shape behaviour and expectations
- **Activity:** 'Impact of Gender Norms'

Gender Equity vs Equality

2

- Definitions and differences
- Why equity matters more than equality
- **Activity:** 'What do you see?'

Intersectionality

3

- Introduction to overlapping identities
- How intersectionality shapes our experience of equity (advantages) and inequity (disadvantages)
- **Activity:** 'Recognising and challenging inequity'

Social Power

4

- What is social power?
- Visible and invisible power. What do you see?
- **Activity:** 'Power mapping exercise'

Disrespect and Gendered Violence (included in 3 hour workshop)

5

- Definitions and examples
- The link between inequity and disrespect
- The link between disrespect and violence
- **Activity:** 'Fairness, Respect and Doing Better'



Why 'Let's Get Going?'

Unfair assumptions, pressures and treatment based on gender still shape how people are seen, heard, and valued, in workplaces, classrooms, and communities.

Let's Get Going invites participants to look beneath the surface: to recognise the systems and norms that advantage some and disadvantage others, and to start having the conversations that lead to real, lasting change.

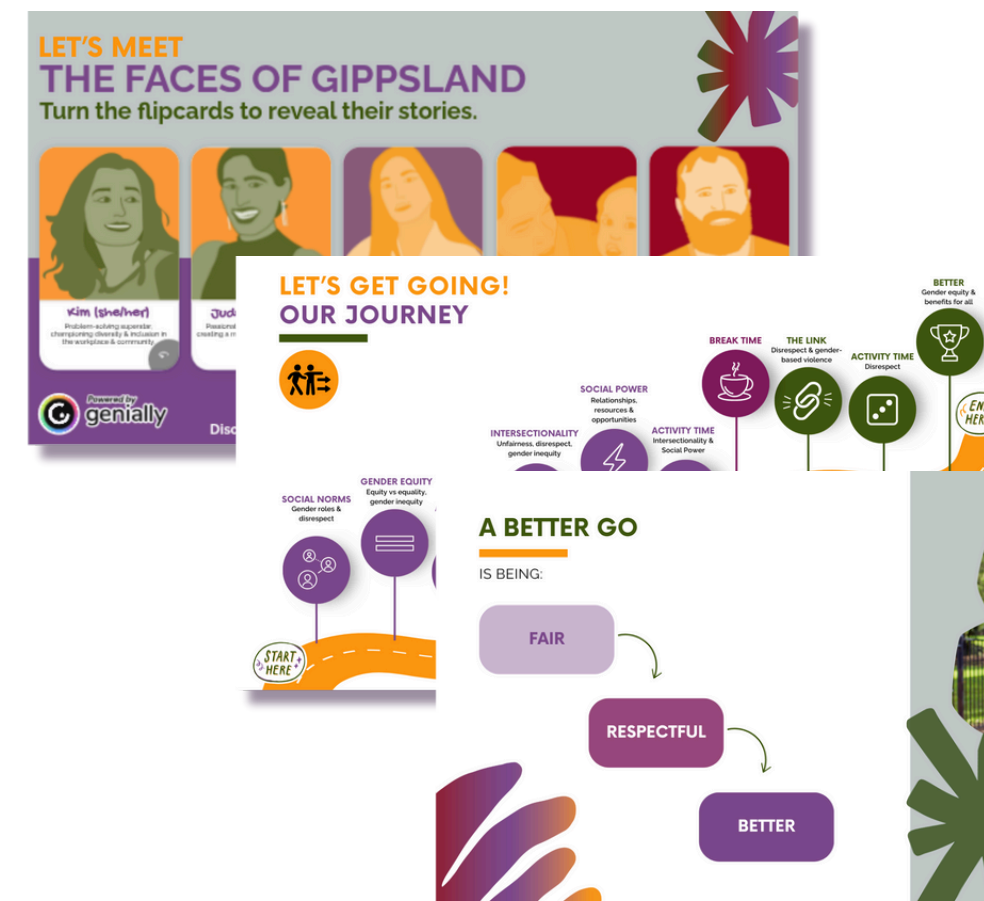
After attending *Let's Get Going*, participants felt more confident in understanding power, equity and how to take respectful, practical action. Here's what they said:

"What social norms are, social power and who holds it, and how violence stems from disrespect."

"Unpacking social power was really helpful."

"The difference between perceived and actual social power."

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Next Steps

To register your interest in Module 2: Let's Get Better, email training@gwhealth.asn.au

About Gippsland Women's Health

Let's Get Going is delivered by Gippsland Women's Health, the lead organisation for gender equity in Gippsland. We bring local knowledge, evidence-based practice and a commitment to inclusive, community-led change.

