

# 90-Minute LGBTQ+ Inclusion Session

The essential introduction to LGBTQ+ inclusion giving staff quick clarity, confidence and language for everyday interactions.

**"Every interaction should say: you are seen, you are respected, you belong here."**

Most staff want to support LGBTQ+ people well, they just need clarity and confidence about what to say and do.

This short session gives teams the essential language, understanding and behaviours to make inclusion feel easier and more natural.

**98% of attendees would recommend our training because it builds confidence that lasts.**

## What your team gets

- Clear, respectful language staff can use straight away
- Stronger understanding of LGBTQ+ identities and lived experiences
- Confidence to avoid and address common mistakes
- Simple behaviours that build trust quickly
- A shared starting point for consistent LGBTQ+ inclusion

## Why Switchboard

- A by-and-for LGBTQ+ charity with 50 years of expertise
- Training shaped by real insight from our helpline and services
- Trusted by councils, NHS teams, schools and local organisations
- Safe, inclusive facilitators who understand staff realities
- Your booking directly funds vital LGBTQ+ support

## What we cover in 90 minutes



LGBTQ+ history & context  
(essential overview)



Key terms explained simply



Using clear, respectful language



How to respond when mistakes happen



Everyday allyship



Stories from frontline experiences

## Buy now, train later.

Secure your 2026 dates now and help fund essential LGBTQ+ support. Our sessions book quickly, and we'll help you choose a time that works for your team.

 [training@switchboard.org.uk](mailto:training@switchboard.org.uk)  01273 234009