



STEPHANIE BROWN

ChronicIllnessSpecialist · Speaker · Coach

THE VISIBLE WORKSHOP

For Organisations and Corporate Teams

Voice · Identity · Solidarity · Insight · Boundaries · Liberation · Elevation

THE PROBLEM THIS WORKSHOP ADDRESSES

The VISIBLE Workshop is the only facilitated chronic illness experience of its kind, built from lived experience, grounded in a proprietary framework, and designed to create lasting change for women in your organisation navigating chronic illness alongside their professional lives.

One in three people in the UK workforce is living with a long-term health condition. The majority of those conditions are chronic, fluctuating, and invisible. The majority of the women managing them are doing so in silence.

Presenteeism. Reduced capacity. Quiet resignation from projects and promotions. Long-term sickness absence that the current system is not equipped to address meaningfully. These are not performance issues. They are the unaddressed human cost of chronic illness in the workplace.

The VISIBLE Workshop gives organisations a way to address this directly, not with a generic wellbeing keynote, but with a structured, evidence-grounded session that gives women the language, the self-knowledge, and the first steps toward building a working life that does not require them to choose between their health and their contribution.

WHAT HAPPENS IN THE ROOM

The VISIBLE Workshop takes every woman in the room through the VISIBLE™ Framework, seven stages that map the inner journey of living with chronic illness. Not a lecture. Not a training. A structured working session with individual reflection, paired conversation, and group discussion at every stage.

She walks out with something she did not have when she walked in. Language for her experience. A clearer picture of where she is in her journey. A first step she has identified herself. And the knowledge that her organisation has seen her.

HALF DAY	FULL DAY
Foundation four pillars	All seven pillars — the complete journey
Voice, Identity, Solidarity, Insight	Voice through to Elevation
Approximately half day	Full working day with structured breaks
Participant workbook included	Workbook and framework document included

Investment is tailored to your organisation and the format you choose. Full pricing and inclusions detail available on request.

THE EVIDENCE BASE

Every stage of the VISIBLE Framework is grounded in peer-reviewed research, not just lived experience. This is a summary; full references are available on request.

V - VOICE

Telling yourself the truth about your experience.

Women leave able to name their experience clearly, to themselves and to the people around them, without minimising it for anyone else's comfort.

Hajdarevic et al., 2025, Journal of Clinical Nursing: a review of 28 qualitative studies found that chronic illness disrupts the link between body and self, and that being able to put language to the experience is central to adapting to it.

Roussi & Avdi, 2008: people who lose the ability to narrate their illness experience coherently are at risk of losing their sense of self and purpose altogether.

I - IDENTITY

Who you are beyond your diagnosis.

Women leave with a stable sense of self that isn't contingent on their diagnosis or what they can produce on any given day.

Clur & Barnard, 2025, Journal of Health Psychology: people living with chronic disease rebuild identity through active work, not passive acceptance, reconstructing a purposeful, connected, determined sense of self.

O'Donnell et al., 2022, British Journal of Health Psychology: internalised stigma is strongly linked to negative self-concept in chronic illness, underlining why proactive identity work matters.

S - SOLIDARITY

You are not alone in this.

Women move from isolation into genuine community built on shared lived experience.

Pearce et al., 2022, BMC Health Services Research: peer support offers connectedness and experiential knowledge unavailable from clinical sources alone.

Peer Support Needs Study, 2025, PMC: 72% of young adults with chronic conditions scored above the clinical threshold for loneliness, yet only 11% had been offered peer support by their healthcare provider. Of those who did access it, 94% found it valuable.

THE EVIDENCE BASE

I - INSIGHT

Self-knowledge as power.

Women rebuild trust in their own body's signals, trust that medical dismissal often erodes.

Systematic Review, 2023, Neuroscience & Biobehavioural Reviews: the ability to attend to and trust bodily signals was associated with lower symptom severity in people with chronic conditions.

MAIA Study, 2023, PMC: the psychological impact of chronic illness measurably erodes body trust, making the rebuilding of that trust a legitimate and measurable goal, not a soft outcome.

B - BOUNDARIES

Protecting your energy without guilt.

Women leave with a working system for protecting their energy, and the guilt that previously blocked it.

Johnson et al., 2021, Clinical Psychology Review: people who struggled to set boundaries reported significantly more anxiety and depression; those who held limits consistently were less likely to burn out.

Frontiers in Psychology, 2022: managing psychological energy is central to adapting well to chronic illness, and boundaries function as a form of energy conservation.

L - LIBERATION

Freedom from shame, performance, and the pressure to be well enough.

Women release the shame produced by illness, medical dismissal, and social stigma, and process the grief of the life that changed.

Dolezal & Lyons, 2022, Humanities and Social Sciences Communications: shame prevents people from accessing healthcare and disclosing their experience, and is strongly linked to trauma symptoms, including in chronic illness.

Frontiers in Psychology, 2022: wellbeing in chronic illness depends on addressing the physical, cognitive, emotional, and social domains together, not managing symptoms in isolation.

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E - ELEVATION

Rising into a version of yourself shaped, not stopped, by your experience.

Women build a concrete, self-authored vision for what comes next, grounded in their actual reality.

Tedeschi & Calhoun, 1996 / 2004: the foundational research on Post-Traumatic Growth: genuine psychological growth, including personal strength and new possibility, can emerge through struggling with major life challenges.

Meta-Analysis, 2022, Frontiers in Psychology: a consistent link between meaning in life and post-traumatic growth across populations, including chronic illness.



ABOUT STEPHANIE BROWN



Stephanie Brown is a chronic illness specialist, speaker, and coach with twenty years of lived experience with systemic lupus erythematosus. She holds an MSc in Human Resource Management, a QLS Level 7 Executive Coaching qualification, CIPD, PTTLs, and extensive experience in Learning and Development. She is co-creator of the TRIUMPH® Framework and founder of Visibly Her CIC.

She does not speak about chronic illness from the outside. She has lived every word of it, while building two organisations, pursuing advanced qualifications, and refusing to let the diagnosis be the whole of the story.

MSc HRM · QLS Level 7 Executive Coaching · CIPD · PTTLs · L&D; Project Coordinator · IPHM · NLP Practitioner · Trauma-Informed Practice · Safeguarding · MHFA Level 3 · Co-Creator TRIUMPH® · Equal Co-Founder TRIUMPH RECLAIM · Founder Visibly Her CIC

HOW TO BOOK

Every booking begins with a conversation. Stephanie works in person and online to ensure the workshop is right for your context, your audience, and what you need the room to walk away with.

To discuss a booking: info@stephaniebrowninspires.com Stephanie responds to all enquiries within three working days.

The life you are building now still counts. Even if it looks nothing like the one you planned.

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