



STEPHANIE BROWN

ChronicIllnessSpecialist · Speaker · Coach

THE VISIBLE WORKSHOP

For Community and Voluntary Organisations

Peer-grounded · Evidence-based · Built from lived experience

BRINGING THE VISIBLE FRAMEWORK INTO YOUR COMMUNITY

*The **VISIBLE** Workshop brings specialist chronic illness support directly into community settings — giving women access to a structured, evidence-grounded session that names what they are living with and offers the first steps toward building something from within it.*

This workshop is designed for community organisations, voluntary sector groups, GP practices, social prescribing services, housing associations, and any organisation whose work brings them into contact with women living with chronic illness.

It is delivered by Stephanie Brown — a chronic illness specialist with twenty years of lived experience with lupus, who understands this community from the inside.

WHAT THE WORKSHOP DELIVERS

Women leave the session with language for their experience that most of them have never had before. A clear picture of where they are in their chronic illness journey. An understanding of what is happening to their identity, their energy, and their sense of self, and why that is not personal failure.

For the organisations that refer women to this session, it creates a shared language and framework that supports ongoing work, whether that is peer support, social prescribing, counselling, or housing and benefits navigation.

FOUNDATION	FULL SESSION
Foundation session	Full session
Voice, Identity, Solidarity, Insight	All seven VISIBLE pillars
Approximately half day	Full day with structured breaks
Participant workbook included	Workbook and framework document included
Partnership rate: price on enquiry	Partnership rate: price on enquiry

PARTNERSHIP AND SUBSIDISED RATES

Stephanie is committed to making specialist chronic illness support accessible to community organisations that cannot access corporate budgets. Partnership and subsidised rates are available for VCS organisations, GP practices, social prescribing services, and smaller local organisations building referral relationships with Stephanie. Full pricing and eligibility detail available on request.

WHAT ORGANISATIONS PROVIDE

- ◆ A suitable venue with seating for up to 20 participants (or online hosting if preferred)
- ◆ Promotion of the session to your community or referral network
- ◆ A named point of contact for pre-session coordination with Stephanie
- ◆ Basic refreshments for participants where in-person delivery

INCLUDED WITH EVERY BOOKING

- ◆ The VISIBLE™ Framework participant digital workbook for every attendee
- ◆ Post-session evaluation
- ◆ Signposting to future pathways for women who want to continue the work

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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THE EVIDENCE BASE

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.

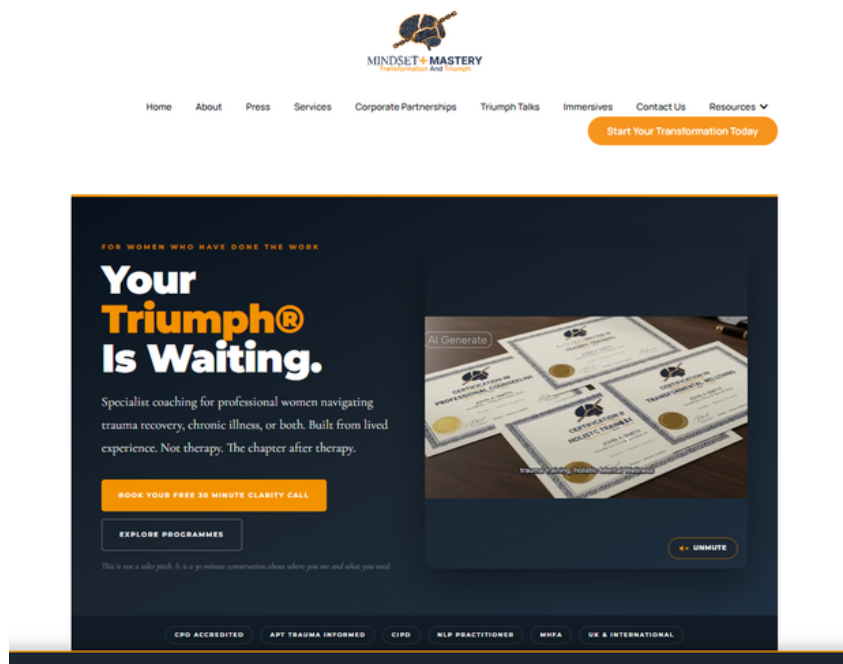
Tedeschi & Calhoun, 1996 / 2004: the foundational research on Post-Traumatic Growth: genuine psychological growth, including personal strength and new possibility, can emerge through struggling with major life challenges.

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

WHEN SOMETHING SURFACES BEYOND THE ILLNESS ITSELF

Some women referred to this workshop are also carrying medical or relational trauma alongside their chronic illness. **VISIBLE** names the illness experience. It does not process trauma. Where a workshop surfaces something that needs deeper work, **TRIUMPH®**, co-created by Stephanie Brown and trauma specialist Victoria Taylor at Mindset + Mastery, is built for exactly that.

EXPLORE TRIUMPH AT MINDSET + MASTERY



HOW TO ENQUIRE

To discuss a community booking, please get in touch with information about your organisation, the community you serve, your preferred format, and any specific context Stephanie should be aware of.

info@stephaniebrowninspires.com · stephaniebrowninspires.com All enquiries responded to within three working days.



Stephanie Brown · Chronic Illness Specialist and Coach · Creator of the VISIBLE™ Framework Also part of the ecosystem: Visibly Her CIC provides peer support and community for women with chronic illness in Lewisham, Southeast London.
visiblyher.org