

Book a workshop or training with Outhouse LGBTQ+ Centre.

We can provide valuable insights and practical strategies for fostering inclusivity, supporting employees, and building authentic engagement.

All our workshops are judgement-free spaces where all questions are welcome.

Contact our team at fundraising@outhouse.ie to get started.



Why partner with Outhouse LGBTQ+ Centre?

Your support is vital in ensuring that our doors remain open to the thousands of people who visit our centre every year. With your help, we can continue providing essential support, connections, and life-changing services so all LGBTQ+ people can be safe, seen, and celebrated.

‘Coming to Outhouse was kind of a lightbulb moment of, “This is where I fit in. This is where I belong.”’

— **Charlie**

What sets us apart?

All our workshops are designed and delivered by LGBTQ+ experts with lived experience and deep community insight. They’re grounded in real-world knowledge built over years of supporting LGBTQ+ people and advancing inclusion in workplaces just like yours.

Unlike many for-profit providers, **100% of proceeds from our workshops go directly toward funding vital services for LGBTQ+ people** — so your training investment makes a meaningful difference, twice over.

Our workshop offering:



Check out our wide range of workshops below. We've got something for everyone!

1. The LGBTQ+ Essentials

Gain a comprehensive understanding of the LGBTQ+ community, the issues the LGBTQ+ community faces, and the impact of advancing your awareness. This is a great workshop to kick off conversations around awareness and bring people on a journey to build an inclusive culture.

Learning outcomes:

- » *Demystifying LGBTQ+ language & terminology*
- » *Having open & respectful conversations on LGBTQ+ topics*
- » *Supporting LGBTQ+ colleagues, friends, family, & community*

2. Creating Safe Spaces for LGBTQ+ People at Work

Explore the challenges faced by the LGBTQ+ community, the history and importance of safe spaces, and how to foster a culture of inclusion and belonging for LGBTQ+ employees in the workplace.

Learning outcomes:

- » *Fostering safety, inclusion & authenticity in the workplace*
- » *Identifying unconscious bias, microaggressions & harassment*
- » *Implementing safe & supportive intervention techniques*

3. LGBTQ+ History: The Evolution of the Queer Movement

Explore key moments in LGBTQ+ history, including the formation of the modern movement, landmark legal changes, and evolving societal attitudes. This can be delivered from an Irish and/or global perspective.

Learning outcomes:

- » *Understanding the historical struggles & progress of LGBTQ+ rights*
- » *Awareness of the social & legal evolution of LGBTQ+ communities*
- » *Recognising the impact of historical events on today's movement*

4. Understanding and Supporting the Coming Out Journey

Coming out is a deeply personal and sometimes challenging process for LGBTQ+ individuals. This workshop offers an opportunity to deepen your understanding of the coming out journey, its impact on LGBTQ+ people, the diverse experiences of those who come out, and how to be an effective and supportive ally.

Participants will leave with the knowledge and tools to create a more inclusive environment for their LGBTQ+ colleagues, friends, and family.

Learning outcomes:

- » *Understanding hate and extremism in today's world*
- » *Building resilience within the LGBTQ+ community*
- » *Creating an effective & inclusive response*

5. Meeting the Moment: The Issues LGBTQ+ People Face Today

As reactionary politics and hostility towards the LGBTQ+ community escalate, it's important – now more than ever – to educate, empower, and activate ourselves and our allies about the key issues we're facing as a community.

Learning outcomes:

- » *The impact of political & social progress in recent years*
- » *Legal challenges, increased hostility, healthcare access, and more*
- » *What we can do individually and as a collective to help*

6. Holding Space: LGBTQ+ Wellbeing at Work

This workshop explores the unique mental health experiences of LGBTQ+ people, particularly in the context of societal pressures, discrimination, and political climates that can impact wellbeing, even when workplaces strive to be inclusive.

Participants will examine the impact of minority stress and societal narratives on internal resilience and workplace engagement, and will explore practical tools and strategies for building resilience and fostering psychological safety and belonging.

Learning outcomes:

- » *Understand the impact of minority stress & societal narratives*
- » *Build personal resilience & protective coping mechanisms*
- » *Evaluate how organisational practices buffer minority stressors*
- » *Foster psychologically safe, affirming, and responsive environments*

7. Combating LGBTQ+ Hate and Extremism

Examine the challenges LGBTQ+ communities face in the face of hate, harassment, and extremism. Learn strategies to navigate division and respond to hate in your community.

Learning outcomes:

- » *Understanding hate & extremism in today's world*
- » *Building resilience within the LGBTQ+ community*
- » *Creating an effective & inclusive response*

8. Confident Conversations: Supporting LGBTQ+ Families

Conversations about LGBTQ+ people and families are part of day-to-day life, but many of us are unsure how to begin, respond, or intervene constructively. This workshop explores how to approach these conversations with confidence and care.

We'll look at how to create affirming environments, whether you're supporting a child who comes out, answering a young person's questions about rainbow families, or navigating challenging conversations with opposing views.

Learning outcomes:

- » *Speak confidently about LGBTQ+ identities and families*
- » *Respond supportively to coming out and challenging views*
- » *Create affirming environments at home and in your networks*

9. From Allyship to Advocacy

This workshop will help teams expand their allyship efforts into active advocacy for the LGBTQ+ community. Through a tailored approach of interactive exercises, discussion, and strategy development, you'll gain practical insights on how to champion inclusion, engage meaningfully with the community, and navigate the evolving DEI landscape.

Learning outcomes:

- » *Understand the difference between allyship and advocacy*
- » *Identify key challenges and emerging threats to LGBTQ+ people*
- » *Evaluate key areas for improvement in DEI strategies*
- » *Effective engagement tactics with the LGBTQ+ community*
- » *Develop an action plan to embed advocacy into organisational culture*

10. LGBTQ+ Awareness for Educators

Gain the knowledge and confidence to foster an inclusive and affirming environment for LGBTQ+ students, colleagues, and the wider educational environment. This workshop explores the unique challenges faced by LGBTQ+ people in educational settings and equips educators with the tools to promote respect, belonging, and safety in their institutions.

Learning outcomes:

- » *Creating a culture of inclusion, safety, and allyship in institutions*
- » *Using inclusive language and best practices in teaching and policy*
- » *Addressing bias, discrimination, and microaggressions*
- » *Supporting trans and non-binary students and colleagues*

11. Capacity-Building for Senior Leaders

Designed for executives and people managers, this session focuses on building inclusive workplace cultures, supporting LGBTQ+ employees, and leading with diversity in mind.

Learning outcomes:

- » *Practical strategies for fostering inclusivity in leadership*
- » *Creating policies and practices that support LGBTQ+ employees*
- » *Enhancing corporate social responsibility and DEI initiatives*

Our Speakers



Talita Rodrigues *(she/her)*

Strategic Projects Lead
and Executive Assistant



Oisín O'Reilly *(he/him)*

Chief Executive Officer



Antonio Vega *(he/him)*

PhD Researcher, TU Dublin and
Outhouse LGBTQ+ Centre



John Mee *(he/him)*

Fundraising, Marketing, and
Communications Manager



Hannah Kelly *(she/her)*

Programmes and
Services Manager



Seán Delaney *(he/they)*

Operations and
Development Manager

Other speaking engagements:



Outhouse
LGBTQ+ CENTRE

We understand you may have specific objectives that aren't covered in our workshop offering. Outhouse can offer a variety of other speaking engagements.

Keynote Speaking

Our keynotes are designed to engage, challenge, and inspire. We can work with you to create a tailored presentation that reflects your organisation's priorities and sparks meaningful conversations about LGBTQ+ inclusion and human rights.

Custom Workshops

If you have a specific LGBTQ+ topic in mind that hasn't been covered, we can develop a tailored workshop that suits your organisation's needs!

Q&A Sessions / Ask Me Anything

Engage in open and interactive discussions in a judgement-free space. This is a great option if you're further along in your DEI journey.

Panel Discussions (panellists & moderators)

Our experienced team can serve as panellists or moderators for your workplace events, bringing a unique perspective to the conversation.

Planning your workshop:

Formats:

Our workshops can be facilitated **in-person, online, or hybrid.**

Duration:

Workshops are typically **1 hour**, but can be extended to **90-minutes** or **2-hour** sessions upon request.

Cost:

Suggested minimum donation:

- *Online: €950 (1 hour)*
- *In-person: €1,250 (1 hour)*
- *CEO: €1,500 (1 hour)*

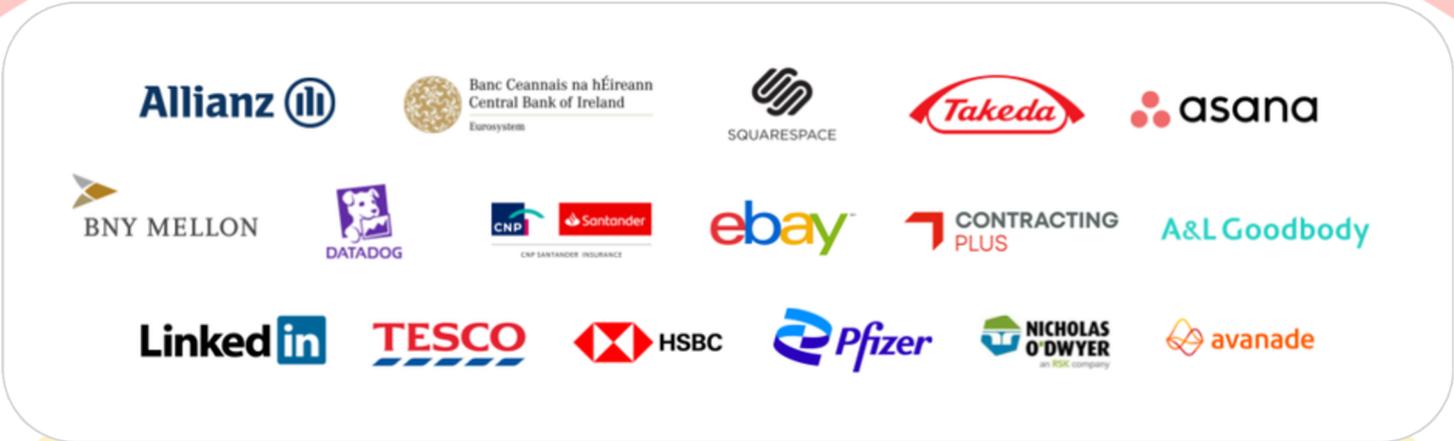
Get in touch with us for keynote and custom workshop pricing.

Every euro earned from our workshops directly supports the LGBTQ+ community.

Ready to get started? Simply contact our team at fundraising@outhouse.ie.



Who we've worked with:



Tetimonials:



— Emer,
Nicholas O'Dwyer

'Oh my goodness, we LOVED having Outhouse in. They were so engaging and enigmatic, and just had a natural way of making people feel comfortable.'

'Outhouse's expertise, passion, and dedication were truly evident throughout their talk. The engaging delivery and thought-provoking perspectives captivated the audience and sparked important conversations that will continue to reverberate for us.'



BNY MELLON
— Juracy,
BNY Mellon



— Katie,
Contracting PLUS

'The session was delivered with such openness, kindness and knowledge and it was so well received by everyone. We really couldn't have gotten anyone better. Thank you for helping to create that open space for questions and for bringing the conversation to the forefront!'

Ready to get started? Contact our team today!