



Lisa McAdams
Breaking the Code of Silence Together

Lead the Way Program

Lisa McAdams founded Lead the Way because as a business woman and a survivor of child abuse and domestic violence she felt passionate about creating a business that included all parties involved in abuse. Lisa is passionate about moving away from the black-and-white/good-and-bad approach to domestic violence and child abuse. Lisa believes that by engaging with and teaching both those being abused and those abusing we can make a real and sustained impact on the prevalence on abuse in families.

Lisa left her own abusive marriage nearly a decade ago and has spent that time healing and learning all she can about domestic violence and why it happens. She is the first to admit that the more she learns, the more complex she realises the issue is. Lisa knows that real healing and real change cannot come in an environment of blame and hate. As a business woman, Lisa is solution focused and leaves the “who did what to whom” at the door and works towards facilitating real sustained change.

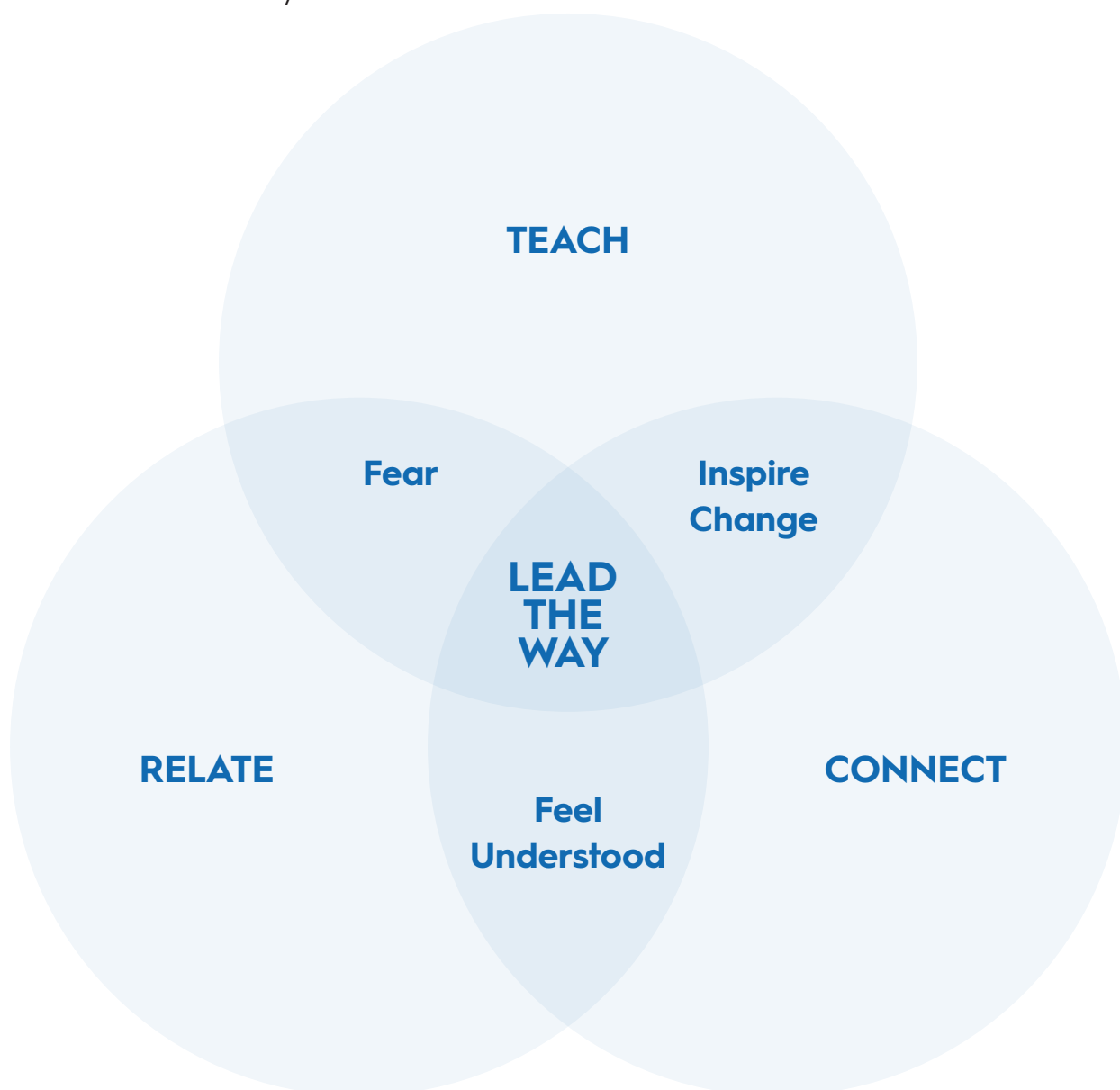
Lead the Way offers a series of solutions that service providers can offer their clients, including workshops, speaking, facilitated training, and workshops. Lisa also offers online training through webinars and video training. All Lisa’s training is gender neutral and focus on change and hope rather than blame and shaming.

Lisa believes two things are necessary for real change to happen: hope and knowledge. This is the philosophy behind all Lisa’s training. If you can give people the knowledge they need in order to change and the hope that it is possible, then they will start to engage with the organisations and people trying to help them.

Lisa knows first-hand, having broken the cycle of generational abuse herself, that if someone believes in you and can teach you to believe in yourself, change is possible. Lisa shares her

story of moving from hopelessness to empowerment with an openness and honesty that can break down barriers and help people to accept the help and treatment available to them. Lisa knows the joy of healing and living a full life and communicates this in a way that makes others know that a life free from the struggle and inner torment is achievable.

It is an important part of healing and moving forward to accept what has been and own your part in it. I share my story to give hope that it is possible to heal. To show that by claiming back your life and taking responsibility, you can start to deal with the hurt inside and accept the help available. Those that are in the cycle of violence can learn that real healing cannot be done in isolation and that they are worthy of good life free from abuse (including self-abuse). This creates an openness to work through issues. It is this openness that is at the core of my work.



WORKSHOPS

SPEAKING

**MY STORY
OF
HOPE**

**FACILITATED
TRAINING**

WEBINARS

**VIDEO
TRAINING**

PROGRAMS

HOPEFUL
—
ENGAGES
—
CONNECTED

EMPOWERED

HOPELESSNESS

DESPERATE
—
DISENGAGED
—
RESPONDENT



Speaking

I do speaking both for those being abused and for those who are abusing. I talk about the impact of domestic violence on my life and the coping skills I used. I reach people by being honest about my part in the story of my life the good, the bad, and the ugly. I share what I have learnt in the decade since I made the decision to leave my abusive marriage and break the cycle of generational abuse for my own children.

This is not easy to achieve, but achieve it I have. For this to be possible, I first needed to have the hope that it was possible. It is this hope that is the core to my speaking. I lead by example and by honestly sharing where I have been.

My talks are designed to motivate people to reach out and accept help and realise that for their part they must be prepared to put in the work and if they do there really is a lot to be hopeful for.

These talks can be designed with your organisation in mind.



Facilitated Workshops

I facilitate workshops where the aim is for participants to understand the elements of abuse including types of abuse, cycle of violence, crazy making, and learned helplessness. I teach this from the point of a survivor; coming from this point of view I can reach people on an equal footing and this leads to more open discussion. I know from when I first left it can be demoralising to be always in front of educators that have not been personally affected. My workshops come from a deep understanding of domestic violence and as such are judgement-free zones.

Safety whilst leaving and rebuilding your life after are key components of this training.

Once people can relate they can openly engage.



Online Training

The content for the online training is similar to the facilitated workshop.

I provide pre-recorded videos so I don't need to be in the room to do the training. I share the content via video so that the workshop can be facilitated by someone else.

These videos are supported by webinars where I am available for a Q&A session.



Programs

Programs run over four half-day workshops and have similar content to the workshop but are more in depth. The extra time allows for participants to get more comfortable and therefore more involved in the subject matter as this time allows for a deeper connection with both me and other attendees.