

Top Tips for Lived Experience Research:



1. Centre lived experience research meaningfully.



2. Adapt and be accessible to lived experience researchers' needs



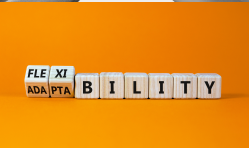
3. Set realistic goals with input from lived experience voices.



4. Include lived experience researchers in all decision-making.



5. Build trust and positive relationships between lived experience researchers and the wider team.



6. Foster openness and flexibility for your lived experience research team.



7. Be honest about the lived experience researcher's influence over the project.



8. Provide safe spaces for lived experience researchers.



9. Commit to learning and development to best support your lived experience researcher.

10. Ensure all team members have cultural competency through appropriate training.

Cultural competency means being able to support and respect team members from different lived experience backgrounds.

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or email us at:
wearethepeople@bathspa.ac.uk



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