

WOMEN'S
AND GIRLS'
EMERGENCY
CENTRE

WALK

WITH

HER



PRACTICE TOOLKIT

WAGEC's Walk With Her Practice Toolkit

First Edition 2026

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wagec.org.au/walk-with-her

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Experience Compass, Practice Cards
and Practice Toolkit concept and
design by Parallel Lines.

parallellines.design

ABOUT THE TOOLS

This booklet provides instructions and prompts for two tools: the **Experience Compass** and **Practice Cards**.

These tools are designed to help you explore the ideas in the *Walk With Her* Framework and apply them in practice. They can help you to:

- Reflect on the experiences and perspectives that shape your practice.
- Recognise situations you encounter.
- Notice the assumptions that can arise.
- Reflect on how they shape responses.
- Identify practices you want to develop.

You can use these tools individually or in a group. Use them anytime you like: when you feel stuck or when you feel excited; before you start working with a new client; when someone new joins the team; in training or planning sessions—any time you want to challenge assumptions and explore practices.

REFLECTION AND DISCUSSION

This toolkit is designed to support reflection, conversation and learning over time, not to land on a single ‘right’ answer. You may notice patterns, tensions or assumptions that feel uncomfortable or unfamiliar. This is a normal part of reflective practice.

Stay open and curious, and be kind to yourself as you explore and challenge yourself. The discomfort that comes with this work is often a sign that your practice is shifting and growing in meaningful ways.

EXPERIENCE COMPASS

The Experience Compass is a tool to help you orient yourself. You can use it to:

- **See more clearly** how our identities and life stories shape what we experience and how we move through the world.
- **Think more clearly** about the complex situations that you and your clients confront and navigate.

EXPLAINER VIDEO

Check out the video we've made that shows how the Experience Compass works and how to get the most out of it:

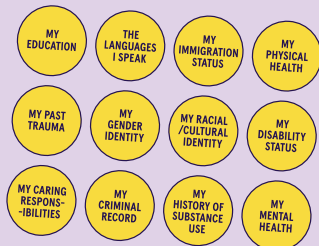


wagec.org.au/experience-compass

WHAT YOU'LL NEED



Experience Compass board

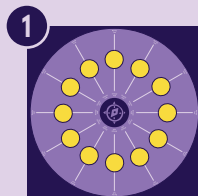


12 yellow circles

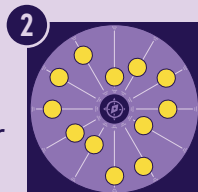


HOW TO USE THE COMPASS

- 1 Place the yellow circles on the board.** Put one on each line on the compass board. You can place them in any order around the board.



- 2 Respond to one of the prompts below.** Move each yellow circle in response to the prompt. Move the circle closer to the centre of the compass if you feel it more deeply, or further out if you feel it less deeply.



- 3 Respond to more prompts** and see how your compass changes. What shifts, and what stays the same? What feels surprising or important?

PROMPTS

- 1** How deeply do you feel this in your everyday life?
- 2** How deeply does this affect how other people see or respond to you?
- 3** How deeply do you feel this when you encounter limitations or challenges?
- 4** How deeply does this shape the choices or trade-offs you make?
- 5** How deeply do you feel this when you interact with services and systems?

PRACTICE CARDS

The Practice Cards are a tool to help you reflect on and shape the way you work with other people. You can use them to:

- **See more clearly** how your identity and life story shape what you experience and how you move through the world.
- **Think more clearly** about the practices you want to bring into difficult situations.

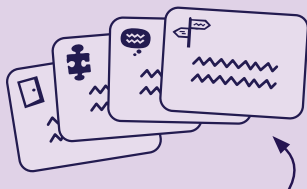
EXPLAINER VIDEO

Check out the video we've made that shows how the Practice Cards work and how to get the most out of them:



wagec.org.au/walk-with-her/practice-cards

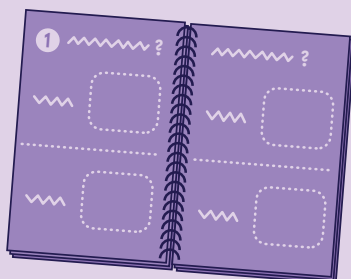
WHAT YOU'LL NEED



Deck of Practice Cards.

There are 80 cards in the deck, but don't worry if you're missing a few.

The prompts in the back of this booklet.



HOW TO USE THE CARDS

- 1 **Choose a prompt** from the following pages.
- 2 **Complete the prompt** by placing cards from the deck onto the page. Choose cards that feel right or create your own responses using the blank cards, sticky notes or scrap paper.
- 3 **Record your responses** whenever they feel meaningful or useful to you. You could write them in a notebook or take a photo.
- 4 **Return to your responses over time.** Keep them somewhere like your wallet, desk or phone.

THERE ARE FOUR TYPES OF CARDS IN THE DECK

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MOMENTS: Feelings or situations that come up in frontline work.



CIRCUMSTANCES: Details about a person or their situation.



ASSUMPTIONS: Subjective judgements or perceptions about a person or situation.



PRACTICES: Ways of working with other people or responding to a situation.

1

BELIEFS AND PERCEPTIONS

Which assumptions are most often made about women who have been in prison and are facing homelessness?



**HOW MIGHT THESE ASSUMPTIONS SHAPE
WOMEN'S EXPERIENCE OF SERVICES?**

What practices can best help frontline workers counter these assumptions?



**WHAT CAN WE DO TO PUT
THESE PRACTICES IN PLACE?**

2

OVERCOMING CHALLENGES

What's something you find challenging or stressful in your work?



HOW ARE YOU PULLED IN DIFFERENT DIRECTIONS IN THIS MOMENT?

**What are some practices
that can help you with this?**



**HOW MIGHT YOU BEGIN TO
BRING THIS INTO YOUR WORK?**

3

SHAPING MY PRACTICE

**When I'm
working
with...**



Place a
'Circumstance' here

...and I'm...



Place a 'Moment' here

**...and I
find myself
thinking...**



Place an
'Assumption' here

...I want to:



**WHAT CAN YOU DO TO NURTURE
THIS IN YOUR PRACTICE?**

4

SUPPORTING OUR TEAM

**When we are
working with...**



Place one or more
'Circumstances' here

...and we are...



Place a 'Moment' here

...we want to:



**HOW DO OUR POLICIES, SYSTEMS
AND CULTURE SUPPORT THIS NOW?
HOW COULD THEY BE STRONGER?**



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