P2P M1 S3 SESSION PLAN

MODULE 1: *INTRODUCING PEER SUPPORT*: Understanding recovery and peer support.

We highly recommend that each potential participant completed the Preparing for P2P Module prior to this Module.
This module is designed as the foundation stone for the wider Peer2Peer Programme. It introduces the concept of a safe and confidential learning environment, as well as exploring the roles of the key partners in the programme.
Prior to delivering this Module we suggest you read the Mini Knowledge and work through the Workbook for Participants.
This session is 120minutes and the times start at zero, enabling you to put your times in whilst understanding the expected lengths of each component. Timings are a guide, based on experience and enough pace to inject energy. No more than 10 people. This can be delivered in person or online.
S=Slide

SESSION 3: *ENGAGE WITH PERSONAL VALUES AND BEHAVIOURS*

SESSION	RESOURCES	GUIDANCE
00.00-00.05 Welcome	**S1**	Have the opening slide on the screen. Welcome participants when they arrive, make everyone feel comfortable, use people's names and thank them for coming. Ask them to go around and introduce themselves and share a word about how they feel about being in the session. **5 minutes**
00.05-00.15	**S2/S3**	**S2** Explain that every session will have learning intentions, participants should have seen these in the Workbook where they will have completed some pre-work before they arrive. Learning Intentions help everyone see the direction of travel and how it fits into the overall Module. **S3** Share the slide as a starting point for agreeing the components of an empowering and safe learning environment. The points show how CHIME can be used to support this. Whilst some may not have come across CHIME at this point, just explain it's a framework used in peer support and that you are using it to set the boundaries for the session. **About 5 minutes for these two slides.** Next ask them, what they think about **S3** and if there is anything they would like to add and record this on a flipchart. After the session add any additions to the slide for every session you complete with this group. Appreciate this may mean you are changing this slide multiple times based on how you chose to use these resources. No more than **5 minutes**.

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00.15-00.30 **Checking In**	**S4**	**S4** Explain that on each session there will be a checking in question and a checking out question. For each of these questions you will expect to hear from everyone and on each occasion, they will have **2 minutes** to think about the question and make notes (if they wish). ***What did you learn from the pre-work about values and behaviours?*** After 2 minutes ask who would like to go first, explain they will have a minute each. and then go to their left. Thank everyone after they have spoken, don't get involved in the responses no matter what they are. When you have heard from everyone reflect back some themes. Sum up by saying this is a good way to level the thinking for everyone to get their voice in the room. No more than **13minutes.** **15minutes for all of this.**
00.30-00.50 **CHIME**	**S5**	**S5** has an embedded copy of a video from Moray Wellbeing Hub about CHIME and how they use it. Show the video – **8minutes** Open it up to the group asking them to comment on the film and how they currently use CHIME, reflecting on the prework on page 12 of the workbook. **20 minutes** depending on group size to show video and ask for comments.
00.50-01.00	**COMFORT BREAK**	
01.00-01.50	**S6** **Workbook pages 13-17**	**S6** overviews the task, working in pairs **20 minutes** for the conversation Ask each pair for some feedback and any questions. Sum up with **S7** and **S8** **30 minutes** for the feedback/questions and sum up
01.50-02.00 **Checking Out**	**S9**	If you are running two of these sessions together for example M1 S3 and M1 S4 then save this until the end of the second session. **S9** **What has been significant about your learning experience with us today?** After 2 minutes ask who would like to go first, explain they will have a minute each. and then go to their right. Thank everyone after they have spoken, don't get involved in the responses no matter what they are. When you have heard from everyone reflect back some themes. Sum up by saying this is a good way to get feedback on the session and that you will be reflecting the themes on the Post Session Reflection. Thank everyone, remind them about the next session and the prep in the workbook. If it is helpful you can complete the reflection document that you can find in the extra resources tab in the toolbox.