P2P M2 S1 SESSION PLAN

MODULE 2: *THE PEER SUPPORT RELATIONSHIP*: Exploring values, relationships, boundaries and risks.

We highly recommend that each potential participant completed the Preparing for P2P Module prior to this Module.
This module builds on the work completed in Introducing Peer Support. It develops on the idea of recovery as an empowering mindset and creates space for conversations around an empowering identity, strengths and the CHIME (Connectedness, Hope, Identity, Meaning and Empowerment) model.
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 1: *EXPLORE THE CHIME MODEL AND ITS ROLE IN THE PEER SUPPORT RELATIONSHIP*

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**
00.05-00.20 Learning Intentions and Boundaries.	**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 **10 minutes**.
00.20-00.25 CHIME	**S4**	**S4** is a reminder of CHIME. This has been part of the session already around the boundaries. Take **5 minutes** to talk through the slide, sharing what this has meant to you in your Peer Support role.

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SESSION	RESOURCES	GUIDANCE
00.25-00.45 Checking In	S5 P5 of the Workbook	S5 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). **Take a few minutes to reflect on your responses to the question on page 5 of the workbook.** **Reflect on how CHIME is showing up for you at the moment.** 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. 5 minutes for you to sum up.
00.45-01.05 Peer Support Relationship	S6 Workbook page 6	S6 is a reminder of the uniqueness of the Peer Support Relationship. Join the group in pairs and give them 10 minutes to discuss the slide. What would they like to share about how this feels to them. 10minutes to hear from all the pairs. Remind them that this is a set of boundaries in itself and can be helpful for personal reflection around their behaviour and impact.
01.05-01.15	COMFORT BREAK	
01.15-01.50 Identity	S7 Workbook page 7	The video from the toolbox on Identity is embedded in S7. Show the film 9minutes. 15minutes in small groups to talk about the film alongside their responses to the 'Who Am I Map' on page 7 of the workbook. 10 minutes for you to hear from the groups and sum up.
01.50-02.00 Checking Out	S8	If you are running two of these sessions together for example M2 S1 and M2 S2 then save this until the end of the second session. S8 **What has mattered to you personally about being together 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 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' in the toolbox.