P2P M3 S1 SESSION PLAN

MODULE 3: *PEER CONCEPTS AND PRACTICE*: Preparing to put peer knowledge and skills into practice.

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 The Peer Support Relationship. It explores the application of peer knowledge and skills in a practical way to support the recovery journey of others.
Prior to delivering this Module we suggest you read the Mini Knowledge and work through the Workbook for Participants.
This session is **150 minutes**, 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: *SUPPORT THE DEVELOPMENT OF AN EMPOWERING AND SAFE ENVIRONMENT*

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 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 **5 minutes**.

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SESSION	RESOURCES	GUIDANCE
00.15-00.50 Checking In/ Learning Styles	**S4** **Reflect on pages 8-10 of the Workbook**

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SESSION	RESOURCES	GUIDANCE
01.35-02.20 Triggers and Setbacks	**S7** **S8** **Workbook page 16**	**S7** is a duplicate of information that is on page 11 of the workbook. Show the slide and ask the group to make comments. Ask the question ***What has helped you overcome/manage triggers and triggering situations?*** **15 minutes** **S8** outlines the role of Peer Support. Join the group into 2 smaller groups and ask them to reflect on the slide and their responses to the question on page 16 of the Workbook. **15 minutes** ***Ask the question 'How does this help you prepare to support others?'*** **15 minutes**
02.20-02.30 Checking Out	**S9**	If you are running two of these sessions together for example M3 S1 and M3 S2 then save this until the end of the second session. **S9** **What's been your significant learning from today's session?** 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' in the toolbox.