

## P2P M3 S3 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 **130minutes** 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: DEFINE THE ROLE OF FEEDBACK AND APPRECIATION IN PEER SUPPORT

| SESSION   | RESOURCES | GUIDANCE  |
|---|-----------|---|
| 00.00-00.05<br>Welcome                            | S1        | <p>Have the opening slide on the screen.</p> <p>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.</p> <p style="color: green;"><b>5 minutes</b></p>  |
| 00.05-00.15<br>Boundaries and Learning Intentions | S2/S3     | <p><b>S2</b> 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.</p> <p><b>S3</b> 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.</p> <p style="color: green;"><b>About 5 minutes for these two slides.</b></p> <p>Next ask them, what they think about <b>S3</b> 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 <b>5 minutes</b>.</p> |

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| SESSION                                 | RESOURCES                                | GUIDANCE   |
|---|--|--|
| <b>00.15-00.30</b><br>Checking In       | <b>S4</b>                                | <p><b>S4</b> 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 <b>2 minutes</b> to think about the question and make notes (if they wish).</p> <p><b>When you hear the words constructive feedback what comes to mind?</b></p> <p>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.<br/>                     No more than <b>13minutes</b>.</p> <p><b>15minutes for all of this.</b></p>   |
| <b>00.35-01.05</b><br>Feedback          | <b>S5</b><br><br><b>Workbook page 21</b> | <p><b>S5</b> describes the role of feedback in the peer relationship. Talk through the slide, connecting to the themes from the Checking-In question and encouraging them to contribute and add to the conversation.</p> <p>Ask each of them to share the example they recorded on page 21 of the workbook.<br/> <b>35 minutes</b></p>   |
| <b>01.05-01.15</b>                      | <b>COMFORT BREAK</b>                     |  |
| <b>01.15-01.55</b><br>Feedback practice | <b>S6</b>                                | <p><b>S6</b> is the model for offering feedback, leave this visible throughout the session.</p> <p>Demonstrate the use of the model with one of the participants. The suggestion is you ask them to reflect on their contribution and learning from the programme. This feels like safe ground and should be positive, and strengths based.<br/>                     Be sure that you follow the model, ask them first how they feel and build on what they say with specific examples and positive feedback. Ask what they think the next steps are for them around using the learning and agree on how you can support the next steps.<br/> <b>10minutes</b></p> <p>Next ask the participants to pair up and complete the process with each other. A clear reminder on boundaries, use of language and the purpose of feedback will be required at this point.<br/> <b>10 minutes</b> each way.<br/> <b>20 minutes</b> total.<br/>                     Ask each pair for some key learning points.<br/> <b>10minutes</b></p> |

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| <b>SESSION</b>                             | <b>RESOURCES</b> | <b>GUIDANCE</b>  |
|--|------------------|--|
| <p><b>01.55-02.10</b><br/>Checking Out</p> | <p><b>S6</b></p> | <p>If you are running two of these sessions together for example M3 S3 and M3 S4 then save this until the end of the second session.</p> <p><b>S6</b><br/><b>One word that describes how you feel about today's session.</b></p> <p>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.</p> <p>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.</p> |