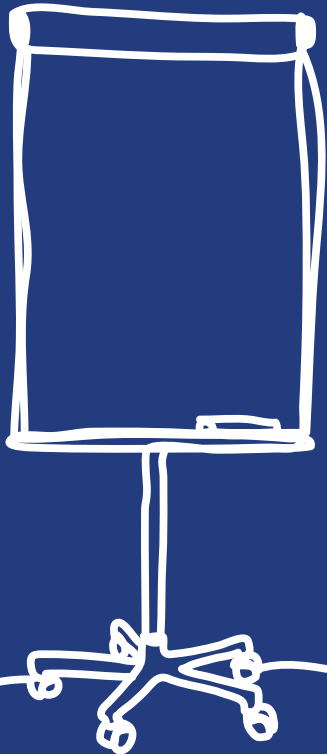




## Peer-led group facilitation skills



**“The organisation will benefit as staff and clients got increased self confidence in their ability to facilitate groups and work as a peer to support people. Clients in particular who have started volunteering as peer workers have changed a lot with increased confidence, self-belief and motivation to move into paid employment. It has been well worth it and we will be hoping to get more volunteers trained up using Leeds Mind trainers.”**

## What we offer

### Introduction (3 hours)

Find out what is involved in peer-led group facilitation and how it can benefit your group, and learn more about what Leeds Mind can offer you. Recommended prior to booking the full accredited training course

### Basic facilitation skills training (4-5 hours)

An overview of the key elements of our accredited course, ideal for those who already have some experience or whose groups are less complex

### Pick & mix workshops (2.5 hours per topic)

Choose the topics you want to focus on. View the full list on page two.

### Accredited training (5 days over 5 weeks. 4-5 hours per day, plus time to complete portfolio)

Our full course, accredited by Open Awards, for those wanting to develop and practise facilitation skills, learn some theory, and explore the balance being a facilitator and being a group member. Covers all the topics in our pick & mix workshops

### Bespoke consultation and support We also offer:

- Consultancy for those developing new peer support groups
- Facilitation of peer supervision for your facilitators
- Shadowing opportunities for new facilitators

Peer support means people with shared experiences providing mutual support.

Leeds Mind's nationally recognised Peer Support service has been delivering peer support since 1998. We know how to keep groups safe and make peer support work in both community and professional settings.

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Contact us on [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk) or call 0113 305 5803 for more details on how Peer Support training can help you and your group or organisation.

## Pick and mix workshops



### What is peer support?

- Understand the key principles of peer support
- Learn how peer support can work for your group or organisation
- Explore the role of a facilitator in a peer-led group

### Group dynamics

- Understand the stages in group development
- Learn practical ways to manage group dynamics
- Explore the benefits of different facilitation styles

### Managing distress in groups

- Understand the role of a facilitator in managing distress
- Learn ways to support distressed group members
- Explore a range of ways for people to access additional support

### Managing challenges in groups

- Explore the types of challenges that may arise in groups
- Learn useful tools and techniques for managing these challenges
- Get hands on experience of managing disruptions in groups

### Group safety and boundaries

- Understand the role of a facilitator in keeping a group safe
- Learn why boundaries are essential in a peer-led group
- Explore how to set and maintain your boundaries

### Self care

- Explore when and why facilitation might impact on your mental health
- Learn ways to manage and reduce the impact on yourself
- Experience self care techniques