Starting Up and Running a Self-help Group and Keeping it Going

Maximum Participants: 16   **Duration: One Day**   **Timings: 09:30 – 16:30**

Mike Phillips Training

Releasing potential through learning and development

Suitable for

All those who wish to set up (or help others who want to establish) a self-help group and consider how to do so effectively and what will be involved.

Aim

To distinguish between self-help groups and other group types and the benefits and challenges of establishing self-help groups. You will share strategies and practical tips for establishing and maintaining self-help groups.

Learning Outcomes

By the end of the course, you will be able to:

- Define self-help and how it differs from other types of groups
- Explain the importance of confidentiality and boundaries in self- help groups
- Describe the stages of group development and how to keep people involved and interested

- Identify ways of securing support from professionals
- Share tips to maintain momentum and morale
- Be aware of common challenges that can occur in self-help groups and strategies to overcome these

You will also leave the course with:

- ☑ A sense of achievement
- ☑ A toolkit of techniques and practical ideas for releasing your potential

- ☑ A Personal Action Plan to take your learning further

"I really enjoyed the course.

It was very thought-provoking."

**Course Participant
Lewisham NHS Trust**

"Trainer talks from real experience… tailored to the group's needs… well planned, good handouts.

Course Participant
St. Giles Trust

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- Managing Change
- Decision-Making and Problem-Solving – Tools and Techniques
- Succession Planning

- Teambuilding – Getting Everyone to Pull in the Same Direction
- Effective Networking Skills
- Facilitation Skills: An Introduction
- Influencing and Persuading Skills

website

www.mikephillipstraining.co.uk

email

mike@mikephillipstraining.co.uk

phone

07949 826881