



# Course Outline

## Peer Support: A Foundation Course for those Providing Peer Support to Others (3 Days)

Minimum and Maximum Learners: 06 - 12    Duration: Three Days    Timings: 10:00 – 16:30

### Suitable for

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Anyone who is disabled, has a learning disability, sensory impairment or long-term health condition (including mental health issues) wishing to provide peer support within your organisation.

### Aim

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To explore good practice when offering Peer Support and develop the core attitudes, knowledge and skills to effectively support others (including basic counselling skills)

### Learning Outcomes

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

- ✔ **Define** what peer support is and **explain** what it is *not* (e.g., not professional therapy or crisis intervention).
- ✔ **Recognise** the key values and principles of peer support, including equality, respect, and mutuality.
- ✔ **Explore** the benefits of peer support for individuals and communities.
- ✔ **Identify** the role and responsibilities of a peer supporter.
- ✔ **Apply** healthy boundaries and confidentiality when supporting others.
- ✔ **Explain** safeguarding principles and **demonstrate** how to respond to concerns appropriately.
- ✔ **Develop** listening and communication skills to support others effectively.

- ✔ **Practice** active listening techniques to build trust and understanding.
- ✔ **Use** effective questioning skills to encourage reflection and problem-solving.
- ✔ **Give and receive** constructive feedback in a supportive way.
- ✔ **Demonstrate** basic counselling skills, such as empathy and summarising, within the limits of a peer support role.
- ✔ **Share** your own experience safely and positively.
- ✔ **Recognise** signs of distress and **demonstrate** when and how to seek help or refer someone for additional support.
- ✔ **Practice** ways to work inclusively with people from diverse backgrounds and needs.
- ✔ **Create** a personal action plan for providing peer support in your community or organisation.

## Benefits of Attending

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- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

## Training Style

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This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (\*email required)

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

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- ➔ Basic Counselling Skills: For Those Providing Peer Support to Others (2 Days)
- ➔ Experts By Experience I: Getting Started (2 Days)

- ➔ Protecting Client Confidentiality and Professional Boundaries
- ➔ Starting Up and Running a Self-help Group and Keeping it Going



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