



Course Outline

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

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 16:30

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.
- ✔ **Outline** the basics of running meetings.
- ✔ **Explain** the common challenges that can occur in self-help groups and **plan** strategies to overcome them.

Benefits of Attending

- ✔ 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

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 [\(Visit my website for details of these and other courses\)](#)

- ➔ Assertiveness I: Assertiveness in the Workplace
- ➔ Basic Counselling Skills: For Those Providing Peer Support to Others (2 Days)
- ➔ Dealing with Stress and Boosting Your Wellbeing
- ➔ Decision-Making and Problem-Solving – Tools and Techniques
- ➔ EDI: An Introduction to Equality, Diversity and Inclusion (Front Line Staff and Volunteers)
- ➔ Effective Networking Skills
- ➔ Experts by Experience I: Getting Started (2 Days)
- ➔ Facilitation Skills I: The Fundamentals of Facilitating Groups and Events
- ➔ Influencing and Persuading Skills
- ➔ Managing Change
- ➔ Protecting Client Confidentiality and Professional Boundaries
- ➔ Succession Planning
- ➔ Teambuilding – Getting Everyone to Pull in the Same Direction

