

Creating a positive learning environment

Creating a positive learning environment for the participants of Peer2Peer requires some considerations. This table illustrates some of these and gives you the space to take note of what is important to you.



Peer2Peer facilitators create a positive learning environment by:

Notes

Showing respect for the group by planning and preparing for the sessions

Working with the group as a whole to create a high quality group experience for all

Enabling a sharing and empowering environment where people participate and learn together

Taking account of different learning styles and preferences

Effectively managing difficult conversations that could lead to conflict

Making effective use of the group agreement

Peer2Peer facilitators empower participants by:

Notes

Encouraging and supporting people to empower themselves and participate in the group

Treating all participants with dignity, compassion and respect and avoiding judgement

Encouraging shared responsibility and decision-making in the group

Reacting to difficult feelings with compassion and support

Peer2Peer facilitators promote recovery and lived experience by:

Notes

Using recovery-focused language and challenging the use of medical and diagnostic language in the group where possible

Inviting, recognising, respecting and validating the experiences and strengths of participants

Making intentional use of their own story

Being open about their own wellbeing and what they need to nurture their wellbeing in the group

