



Introduction to Peer Support Programme

| Live Session | |
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| 08.45 | Registration |
| 09.00 | Introductions |
| 09.20 | What is peer support – a recap |
| 09.30 | Components of a peer support conversation – SAFER Model |
| 10.30 | Break |
| 10.45 | SAFER model – skills practice (groups of 3) |
| 11.45 | How to set a up a medical peer support group at your work |
| 12.15 | Self-care/compassionate exercise |
| 12.45 | Summary |
| 13.00 | Close |

| Mandatory pre-course e-learning modules (to be completed prior to the live session) | |
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| 1. | Introduction to Peer Support |
| 2. | Psychological First Aid |
| 3. | Why we need Peer Support |
| 4. | How Peer Support works |
| 5. | Self-care |