



Introduction to Facilitation for Peer Support



A practical, applied course for people who want to learn how to facilitate peer networks and groups.

CRU believes that people with disabilities and their families' experiences and knowledge are valuable, and that linking people with similar values and goals can mean they learn from each other and support each other to remain hopeful and stay on track.

The Introduction to Facilitation for Peer Support course is an opportunity to develop the skills to facilitate conversations between people with shared experiences and values and to support groups of people to learn from and with each other.

Topics Covered

- Essential facilitation principles
- Self as facilitator
- Stages of group development
- Group roles
- Preparation for facilitation
- Basics on how to conduct a facilitated session
- Disability sector specific considerations

**Mixed mode
course
Brisbane & online**

**Face to Face Workday
Friday 10th September**

9:00am - 5pm
CRU Office
Level 2/43 Peel St
South Brisbane

Online Workshops

10:00am - 12:00pm
**Tue 5th October
Tue 2nd November
Tue 30th November**

Course fee: \$150*
People with disability
and family members

RSVP

Expression of Interest
form to be submitted by
Sunday 15th August 2021

*More information about the
expression of interest
process and cost of attending
is on the following pages.*

* The cost of this event is partly subsidised by a Department of Social Services grant. If cost is a barrier to attending, please contact CRU to discuss.

Introduction to Facilitation for Peer Support course



Community Resource Unit
p. 07 3844 2211 e. cru@cru.org.au
www.cru.org.au
L2/43 Peel St or PO Box 3722,
South Brisbane QLD 4101
ABN: 16143460250 ACN: 617860009

Structured as **one full workday and three online workshops** over three months, this course will provide an opportunity to learn about foundational principles for facilitating groups. It is ideal for people with minimal facilitation experience who are keen to develop and share skills with other people.

- **Do you find it hard to lead a group discussion or meeting?**
- **Do you enjoy a conversation with one or two people but freeze up when you are put in front of a group?**
- **Do you struggle with keeping a group focused on a task without being too bossy?**
- **Are there people in the groups you are part of who won't stop talking and others who don't say anything? Or does everyone go silent and you feel you are talking too much?**
- **Would you like to be able to assist a peer network work well together in sharing their experiences and supporting each other's development?**



About the presenter

Catherine Allen is a highly experienced and effective facilitator and coach of leadership development programs with a strong commitment to people experiencing being empowered in their work environments and developing their own leadership abilities. Catherine has a post graduate diploma in Organisational Psychology and is a member of the International Association of Facilitators. Catherine will be assisted by CRU Senior Consultant Catherine Laherty.

Participants will be required to

- Attend a full day workshop in Brisbane & three 2-hour interactive online workshops (approximately one month apart).
- Have an opportunity to practice facilitation in a peer network, peer group or other group of 3+ people between the workday and workshops.
- Participate in three one-hour mentoring calls between the workday and workshops.
- Complete pre-course readings and reflections as well as take home tasks.

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Who should attend

People with disability & family members who are or would like to be part of a peer network or group that benefits people with disability:

- Who are keen to develop facilitation skills and confidence.
- Who are currently working with a peer network and/or have the opportunity to put course learning into practice.

If you have completed CRU's Facilitation Course before and are wondering if this will be useful for you, please get in touch with us on 3844 2211.

Cost

The course fee is \$150. Please consider carefully whether you can commit to the full course before applying. Due to the significant investment this course represents, there is an Expression of Interest process. If cost is a barrier for you, please contact CRU to discuss.

How do I apply?

As there are a limited number of places and the course has a particular focus, an Expression of Interest process will be used to allocate available places.

Expression of Interest forms are to be returned to cru@cru.org.au as soon as you can or by Sunday 15th August 2021.

Course numbers will be strictly limited to allow optimal involvement of all participants.

To facilitate means 'to make easy'

The group facilitator's job is to make it easier for the group to do its work. By providing non-directive leadership, the facilitator helps the group arrive at the understanding and decision that are its task.

The facilitator's focus is on the group and its work.

The role is one of assistance and guidance, not of control.

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