

What should I be aware of if I want to train as a peer coach?

For those of you who wish to train as a peer coach please reflect on the statements below prior to signing up for the skills training.

As a peer coach:

- ✓ I choose to offer my time, without pressure, obligation or reward
- ✓ I observe confidentiality with regard to everything I hear in a peer coaching session
- ✓ I can listen well, without distraction and without interruption
- ✓ I can step away from my own opinions and not offer judgement
- ✓ I don't try and mend, solve or offer solutions to someone else's situation
- ✓ I feel sufficiently ok in myself to offer this time to someone else
- ✓ I can be sensitive to other's needs and help them explore what, if anything, they require in the way of further support
- ✓ I understand the limits of my role as a peer coach and am aware of signposting to other relevant services