



Intentional Peer Support

We are so pleased you are interested in participating in an Online IPS Core Training with IPS Central. We ask that you read this information sheet fully before proceeding to book the training for your team.

As you get ready to decide if an Online IPS Core training is right for your organization, please *carefully* consider the following requirements:

- The Core Training runs over 10 x 4-hour online facilitated sessions covering the principles and tasks of Intentional Peer Support. This transformational training is offered in "real time", is interactive, full of rich dialogue and designed to have participants learning and practicing Intentional Peer Support right away. A Certificate of Completion is offered at the conclusion of study and this is recognized internationally.
- As previously mentioned, this is an interactive training so we do ask that participants have their camera on and fully participate in all of the activities and break out sessions. Higher level of engagement from participants will ultimately lead to a more beneficial learning experience. Having cameras on ensures that our trainers feel connected to the group as they can see, hear and engage with all participants.
- Trainers will do their best to support participants to catch up should an emergency arise and a participant misses part of a session and communicates their absence to the trainers. It is our expectation though that participants attend all sessions.

Ways organizations can support participants in Online IPS Core Training:

- Joining from a laptop or desktop computer is ideal. Some Zoom features aren't as accessible through phones or tablets. Ensuring participants have access to a suitable device with headphones and a microphone will enhance their learning experience.
- There will be homework between sessions, keep this in mind when considering participants workload throughout the training
- In preparation, let participants know this is not a webinar environment and so they will be required to engage fully with the interactive sessions.
- Please assist participants to access a quiet, private space with minimal distractions throughout the session. We expect that they are not working, answering emails or calls during the session times.
- Each session will have 2 x 15-minute breaks. We ask that these are protected as breaks and not at a time that participants are expected to catch up on work.



Intentional Peer Support

- Participants will be asked to demonstrate their learnings by giving a short presentation (2-4 mins) during session 9 or 10. This is not assessed or graded but an opportunity for them to reflect on their learning during the course.
- We will explore some heavy topics (ie suicide, self harm, trauma ect.) Creation of a group Discomfort Agreement invites participants and trainers to share what they need individually and collectively to stretch out of their comfort zone to be able to stay present and discuss these topics.

For more information or to discuss the details of the training please email

info@intentionalpeersupport.org.

You will also find more information on our website: www.intentionalpeersupport.org