



PEER LEADER TRAINING

Once you have been accepted as a Peer Leader we will work with you not only give you the skill to be a good Peer Leader but also to reach your personal goals.

Our Peer Leader induction training consists of five half days including



- Understanding the role
- What Mind in Tower Hamlets and Newham does
- Training on health and safety, boundaries and confidentiality
- The benefits of peer support
- Respecting cultural differences
- The support MITHN offers you in your role
- Empathy and effective listening skills
- Dealing with possible conflicts and resolution skills
- Group and session planning
- Next steps and further opportunities

