

<b>Understanding the discharge transition &amp; mental health services</b>	Session 1 – Introduction to peer support & the ENRICH peer worker role				
<b>Sharing lived experience</b>	Session 2 – Sharing lived experience				
<b>Using communication skills</b>	Session 3 – Communication skills & strengths-based approaches				
<b>Using strengths-based approaches</b>					
<b>Working with boundaries &amp; relationships</b>	Session 4 – Working with boundaries & relationships				
<b>Cultural awareness &amp; understanding diversity</b>	Session 5 – Cultural awareness & diversity in peer support				
<b>Local &amp; individual ‘asset mapping’</b>	Session 6 – Individual & community asset mapping				
<b>Discussing difficult issues</b>	Session 7 – Discussing difficult issues				
<b>Keeping well at work</b>	Session 8 – Working with risk & staying well at work				
<b>Working with risk and safety</b>					
<b>Knowledge &amp; skills sets</b>  <i>Principles</i>	<b>1. Safe trusting relationships built on shared lived experience</b>	<b>2. Mutuality &amp; reciprocity</b>	<b>3. Applying experiential knowledge</b>	<b>4. Leadership, choice &amp; control</b>	<b>5. Discovering strengths &amp; building connections</b>
	<b>Peer support should respect and support the full diversity of experiences, language, culture, identity and background that people bring, found in the range of communities with which they identify and belong</b>				