



GROUP REFLECTION SESSION

Tips for Using the Tool

The “Group Reflection Session” is a tool developed by the WA Peer Supporters’ Network. It is free to copy, distribute and change. The tool is designed for people would like to share their experiences with each other (such as for wellbeing, closer connection with others, or emotional support). It can be used in a mutual one-to-one conversation and in groups. It is designed to be a ‘leaderless’ group (mutual and equal), easy to run and flexible for a range of settings and people.

Tips for using this tool

- The role of facilitator in this tool is simply to help the group use the tool and stick to the guidelines, and anyone can be a facilitator. To support equality between group members, invite others to take turns in the role if they want to.
- Check the guidelines will work with your group. For example, if there are duty of care limits to confidentiality or there are some additional rules or etiquette needed (such as no swearing, appreciating cultural diversity in the group), then discuss and agree changes to the guidelines.
- You can change the format (instructions and guidelines) and/or sharing questions to suit your group’s needs. For example, you could run a group that answers different questions each time, depending on a topic (e.g. ‘health’, ‘relationships’). Try to keep questions as open-ended as possible so that people are able to share a range of things they might like to talk about.
- When starting a new group, people are often unsure how much they can safely share until they have been to the group a few times. It can be helpful at the first group for the person who started the group to be the facilitator and to offer to answer the sharing questions first, in order to role model an example of sharing. You may also want to think about other ways to build relationships between group members so people feel comfortable sharing experiences with each other (e.g. morning tea, ice breakers, doing other shared activities).