



**5th Place**

# **Peer support coach training**

A transformative ten module course

*Always surround yourself with people who lift you up,  
rather than hold you down.*

**— Donald L. Hicks**



## Overview

Young people need support to navigate the challenges of becoming young adults. They face internal and external pressures to achieve and do well. Increasingly complex psychosocial issues, complicated cultural, societal expectations and an uncertain future impact and unsettle. These add to the impediments to achieving one's potential including embracing hope, purpose and having a positive outlook for the future.

Being able to engage with someone from similar circumstances and similar age has been found to be a valuable alternative for working through concerns and finding suitable solutions for the difficulties and dilemmas faced over this period.

Facilitating both one on one and group discussions in a safe, non-judgemental and amicable way enables the opportunity to explore current themes, deal with conflict appropriately and find alternative options to manage emotional states, make sound decisions and appropriate behaviour choices.

5th Place's peer support coach training is interactive, experiential and together with coaching skills builds valuable life and interpersonal skills.

## Benefits of the programme

Young adults who participate and complete the programme will gain:

- Practical coaching skills to effectively support their peers
- Enhanced self-awareness and emotional intelligence to better understand and relate to their peers
- Increased resilience and stress management abilities to model and teach these skills to their peers
- Understanding of group dynamics and conflict resolution to facilitate effective peer group interactions
- Tools for self-care and maintaining personal well-being to ensure they can sustain their role as peer support coaches

## What participants will learn

1. **It starts with me:** Ice-breakers, contracting and the why
2. **Listen to hear:** Building active listening skills
3. **At my core I am perfect:** Making the space safe, building rapport
4. **Offer don't give:** Reflecting, questioning and giving feedback
5. **Take the step that's in front of you:** Using the GROW model as a coach
6. **It's always about me, It's never about me:** Group dynamics, the games people play
7. **I am because I feel:** Emotion regulation tools and techniques

8. **Hook me to heal me:** Self-awareness, helping vs rescuing, hooks and triggers
9. **Heal the hole to make me whole:** Looking after yourself, self care is vital care
10. **Putting it all together:** Practice, reflection, rework

## Who should attend the programme

This programme is designed for older teens and young adults who are interested in learning coaching skills to support their peers through the challenges of performing academically. It is particularly beneficial for youth leaders and mentors.

Anyone working with young people who wishes to develop their coaching skills will benefit from the programme.

## Duration & delivery

This is a ten-module course, with each module lasting three hours. Modules can be completed over ten separate days or combined into five full days. The course is delivered face-to-face.

## Cost

The total course duration is 30 hours, with the cost being R2580 / participant. A minimum of 6 participants are required for the course to run.

## Material

All relevant learning materials are supplied. Participants will also receive a certificate of attendance upon completion of the course.

## Ongoing support

We provide ongoing support for our peer coaches through regular debriefing sessions. These sessions offer an opportunity to discuss any difficulties, concerns, or problems encountered during the course of facilitating one-on-one or group coaching with their peers. These sessions are held regularly as required.

## Testimonials

Participants have praised this course for its focus on equipping them with practical coaching skills to support their peers.

They've described the course as:

"...transformative,

"...exceeding their expectations and

"...providing valuable insights into the coaching process.

Participants have highlighted the active listening, personal responsibility, and self-awareness skills they've gained, which have enabled them to better support their peers.

They've also appreciated the interactive environment, practical exercises, and the focus on personal growth.

Many participants have recommended the course to others, emphasising its effectiveness in preparing them to guide and empower their peers through the challenges of transitioning to adulthood.



### **Peer support coach training**

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