



# PEER REFLECTION GROUPS INFORMATION SHEET

## WHAT ARE PEER REFLECTION GROUPS?

The Sussex Training Hub's Peer Reflection Groups (PRGs) have been set up with the aim to offer a space where Social Prescribers, Health and Well-being Coaches and Care Co-ordinators can explore key themes that relate to their well-being and to support a sense of community with the facilitation of a skilful supervisor.

## WHAT ARE THE AIMS OF PEER REFLECTION GROUPS?

**The aims of the PRGS fall into four main categories:**

1. To raise awareness of professional and personal well-being behaviours and signs of burn-out
2. Increase emotionally-focused connections at work to reduce isolation in roles
3. To identify well-being and resilience strategies and promote individual strength-based action plans

## EACH GROUP WILL:

- Have delegates sign up to one cohort for the year (see dates for cohorts)
- Take place online (90 minutes per session)
- Occur Bi-monthly
- Have up to 8 people in each cohort
- Be role specific
- Have a lead supervisor (with a standby for sickness/AL)
- Promote a strengths-based affirming approach to themes and issues
- Provide an opportunity for attendees to express interest and apply to to join the peer reflection facilitation training programme

**TO SIGN UP GO TO THE SUSSEX TRAINING HUB PAGE ON  
[WWW.NCBC-UK.COM](http://WWW.NCBC-UK.COM)**

**[info@ncbc-uk.com](mailto:info@ncbc-uk.com) / 0203 0053247**

