

Peer Leaders Online Training

A free course from the Chronic Illness Alliance

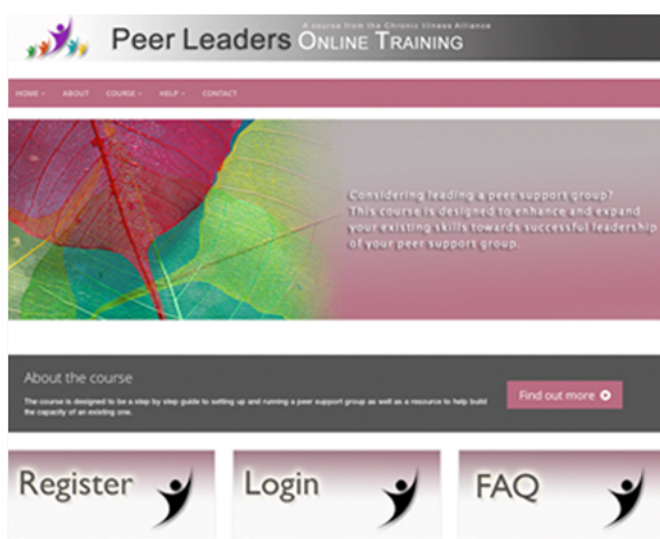
Whether you are just starting out as a peer leader,
or have been leading a peer support group for some time:

This course is for you!

Peer Leaders Online Training (PLOT) is a free course from the Chronic Illness Alliance, designed as a step by step guide to setting up and running a peer support group. It can also be used to build the capacity of an existing group, or to train a new peer leader to take over. The course is self-guided and participants can work through each chapter at their own pace.

The course covers topics such as:

- leadership and facilitation skills
- promoting your group
- planning your program
- governance and financial matters
- navigating through difficult times
- looking after yourself in the role



Peer Leaders Online Training includes a range of activities, resources and templates that are designed to help participants convert concepts into skills, and put theory into practice. The course also provides in-depth discussion guides and group activities on two important topics for peer support groups: *illness and intimacy*, and *health literacy*.

View and register at:

www.peerleadersonlinetraining.net

