



# PeerZone Toolkit

## MINI-WORKSHOP SERIES

MHAPS' **PeerZone Toolkit** Workshop series are an opportunity to connect up with a Facilitator and a small group of no more than to six other people. Come and explore a collection of practical topics very relevant to the here and now of 'physical distancing.'

These mini-workshops will be delivered via ZOOM technology. Two programmes of four, 90-minute sessions will be provided at the rate of one per week over four weeks. Currently there are two confirmed programmes as outlined below.

You can enrol on one or both, however if there is a lot of demand for places preference will be given to people enrolling on their first programme.

The first workshop on each programme will be preceded by a short orientation session, the day before start date. This is where we will get familiar with the technology, the protocols for meeting together and getting to know one another before our first to full session. The orientation session is mandatory if you want to access the workshops. Our first two mini-series programmes will explore the following topics.

### **Programme one: Tuesdays:- 1pm – 2.30pm**

#### **1. Finding Hope: -**

- What is hope?
- Why do we need it?
- How can we create an environment that facilitates hope?

#### **2. Cultivating Acceptance**

- Why is acceptance important
- What is and is not acceptance
- How can we cultivate acceptance?

#### **3. Getting on in your "Bubble"**

- How can we manage relationships in our "Bubble"
- Caring for others
- Negotiating responsibilities
- Dealing with conflict

#### **4. Dealing with Stress**

- What is stress?
- What is the stress response and how do we attend to it?
- How can we cope with and reduce stress?

## **Programme Two: Thursdays: - 10am- 11.30am**

### **1. Finding Meaning and Purpose**

- Why do we need meaning and purpose?
- How do values influence our experience of meaning and purpose?
- How can we reconnect with meaning and purpose when we feel we have lost it.

### **2. Contributing Roles**

- What is a contributing role?
- Why is contribution important?
- Ways we can contribute and take action

### **3. Good Relationships**

- Why are relationships important
- What are the building blocks for good relationships?
- How do we maintain relationships?

### **4. Personal Change**

- What leads us to choosing change
- What gets in the way of making or sustaining change?
- How can we make change that works for us?

**The first programme is set to start on Tuesday May 5<sup>th</sup> with the short orientation session occurring the day before.**

**To enrol on either programme, or for further details, including any questions, please contact Hannah at: - [hannah@mhaps.org.nz](mailto:hannah@mhaps.org.nz) or phone (03) 365 9479 and she will contact you back.**

We are also taking expressions of interest for a possible third programmes, outlined below as well as taking expressions of interest in the idea that any or all these programmes could be offered in the evenings. If the topics in programme three appeal to you, or if you'd like an evening programme for any of the above please let Hannah know.

### ***Programme three: (dates not yet confirmed)***

- *Healthy Diet*
- *Physical Exercise*
- *Managing Conflict*
- *Getting a Good Sleep.*