


Overview of Facilitating Peer Support Circles

Carter McNamara
Authenticity Consulting, LLC

© 2020 AUTHENTICITY CONSULTING, LLC

1




Preparation for This Video

- This video is a broad overview of the role of the peer support circle facilitator
- It assumes you already have a basic impression of what a peer support circle is
 - See short video “How a Peer Support Circle Works” at <https://PeerSupportCircles.org>
- This video about facilitation assumes you have members who have joined your Circle

© 2020 AUTHENTICITY CONSULTING, LLC

2




Facilitator Job Description

- 3 tasks – can share among members:
 1. Contact each member before 1st meeting
 2. Help orient members in 1st meeting
 3. Guide members through meeting agenda
- Each steps uses step-by-step tools
- Facilitator is responsible for steps in Circle process
- Role is not to solve each member’s problem brought to a Circle ☺

© 2020 AUTHENTICITY CONSULTING, LLC

3




Prepare Each Member Before First Meeting

1. Brief phone call
2. Introduce yourself
3. Mention who other members will be
4. Review any selected virtual technology
5. Ask member to email bio to others
6. Verify time, date, location of 1st meeting
 - Have step-by-step guidelines
 - See “Preparing Members” in “Resources”

© 2020 AUTHENTICITY CONSULTING, LLC

4




Orient Members in 1st Meeting

- 1st meeting includes:
 1. Introductions
 2. Brief description of Circle meeting process
 3. Share brief demonstration of Circle process
 4. Schedule future Circle meetings
- Can share those tasks
- Have step-by-step guidelines
- See “Training Members” in “Resources”

© 2020 AUTHENTICITY CONSULTING, LLC

5



Facilitate Each Circle Meeting

1. Opening:
 - Read values and ground rules
 - Hear brief check in from each member
2. During time slots:
 - Ensure each member gets equal time
3. Closing:
 - Each says new learnings & intended actions
 - Each evaluates that meeting
- See “Facilitator Talking Points”

© 2020 AUTHENTICITY CONSULTING, LLC

6



Facilitate Between Meetings

- Send reminder of time and date
- Optionally could share:
 - Useful tip about getting and sharing support
 - Interesting article about supporting others
 - Inspirational quote(s)
 - Reminder they're in confidential relationship

© 2020 AUTHENTICITY CONSULTING, LLC

7



Summary

- “Facilitator Talking Points” guides you
- Members can share facilitation role
- Available help:
 - Peersupportcircles.org
 - Email support@peersupportcircles.org
 - [Facebook](#) group with other facilitators
 - Your other Circles members ☺
- You can do this – 1,000s have!

© 2020 AUTHENTICITY CONSULTING, LLC

8