

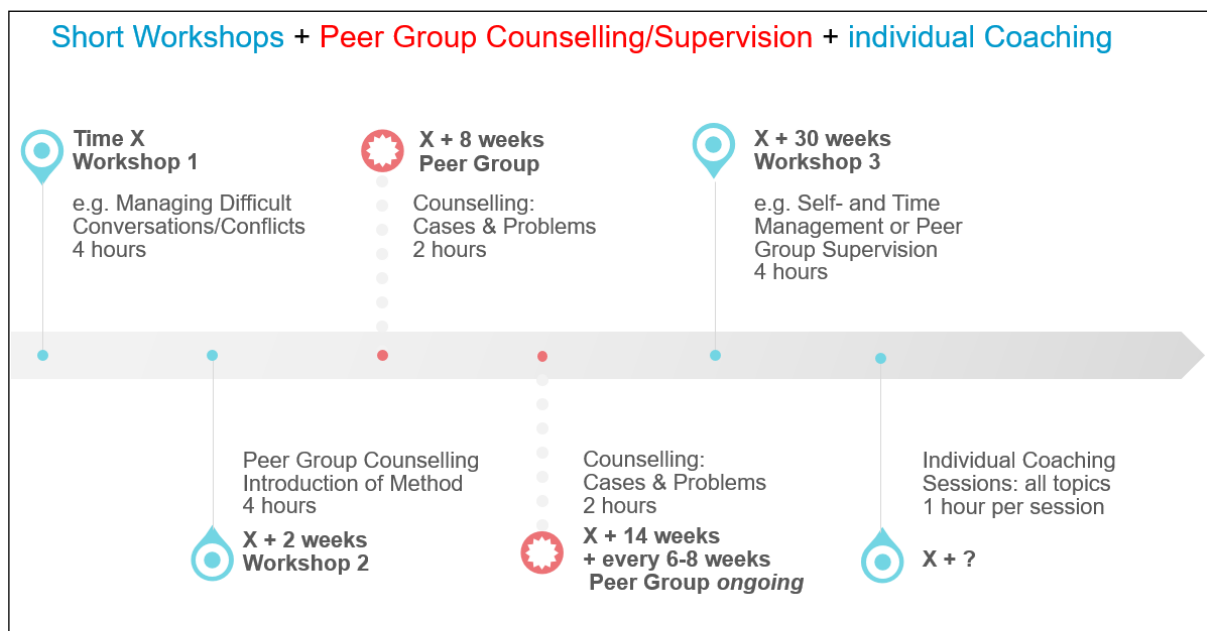
## Concept 7: Short Workshops + Peer-to-Peer + Supervision/Coaching

In order to meet the demand for shorter modules and at the same time strengthen participants' self-efficacy, I have developed a concept that consists of half-day workshops, peer group counselling & supervision and can be supplemented by individual coaching sessions.

### What – Topics

A combination of several short workshops (4 hours each) which can be chosen from the list of [trainings courses](#) with [Module 6 Peer Group Counselling](#), regular Supervision of the Peer Groups and [individual coaching sessions](#).

### Module 7: Overview and possible schedule



### How - Methods

We typically start with a short **Impulse Workshop** such as **Managing Conflicts** and continue with a training on **Peer Group Counselling**, which teaches the method and how to establish a continuous group. During the following weeks participants will meet without external persons to solve their problems together in a structured way.

However, it is advisable to support the group with a supervision from time to time to ensure that the rules and approaches necessary for success are adhered to: **Supervision of Peer Group Counselling**.

Further **Workshops** on various topics could follow to introduce theoretical knowledge and practical exercises.

**Individual Coaching** sessions are an option when the problems are more deeply rooted and/or require confidentiality.

**Where – Location:** A Seminar room at your institute or online via ZOOM.