

Change Within - Peer Support

CHANGE

Within

Imagine having a group of talented peers who gather regularly to help each other improve. Fellow members act as a sounding board to help you with new ideas, to overcome challenges, develop yourself and to succeed in your work.

Themed around a key challenge, our peer groups use action learning to support members to develop quicker and solve live issues.

What can the group offer:

- Learning from experienced peers
- Shared tools and resources
- Space to reflect and grow
- Sounding board for ideas
- Encouragement and support
- Goal setting and Accountability
- New perspectives and approaches
- Removing blocks / Overcoming challenges



Logistics

The themed groups will use the action learning set format which allows each member to bring real issues that they want help with. Learning through doing - during sessions group members learn through actively taking part and develop greater facilitation skills throughout.

Group size: 6 - 12 people (carefully matched peers)

Location: In Person or Online

Session length: 2 hours

Frequency: Monthly

Why apply?

If you want to change your approach to your work, this group is a great place to start! We match peers so that each group has members with complementary skill sets.

Steps:

1- [Apply](#) → 2- Matching Call → 3- Group Match → 4- Payment → 5- Join Group

Frequently Asked Questions

1. What makes this different?

- A. **We focus on sharing between members** - The main focus of the group is the supportive questioning, brainstorming and accountability support among the group members. The group can vote to bring in guest speakers occasionally.
- B. **It's collaborative** - You get everyone's feedback, advice and support. You are also encouraged by the group to work through current issues you are working on and find your own path towards a solution.
- C. **Learning whilst doing** - We will continually develop our facilitation and coaching skills whilst in the group as we support each member using questioning techniques and we can apply these new techniques to all other areas of our lives.

2. What experience does the group creator have?

Dawn Newton has been facilitating groups in the charity sector since 2009, creating partnerships and connecting organisations is intrinsic to what she does in all aspects of her work. Dawn has been running the Charity Meetup groups for four years and has listened to feedback from members needs and created these groups to foster learning and collaboration.

3. What will people use the group for?

From experience we often work through blocks, a simple example: Writing might be challenging and you are lacking inspiration, the group might encourage you to try writing a blog post as a start, be a sounding board and help you choose a topic and offer feedback on the draft. Some people may wish to develop their confidence, or get new ideas to inject into their projects.

4. How does the agenda for the meeting work?

The agenda belongs to the group and each person's participation and commitment is key. Your group will give you feedback, help you brainstorm new possibilities, and set up accountability structures that keep you focused and on track. You create a community of supportive colleagues who brainstorm together to move the members to new heights. You'll gain tremendous insights which improve your business and personal life.

5. Why does the group need a facilitator and what do they do?

The facilitator curates the group themes, invites and matches members, coordinates the meetings, prepares the materials and agenda, ensures that the meetings are kept on time. Having a facilitator ensures members get equal time and support, that the discussion stays focused and constructive and follow up actions are agreed.

6. What about resources?

We will have a shared file area where we can share tools and resources between members. This is also a space where further support between members can be offered.

Questions?

Contact Dawn Newton

Book a call: calendly.com/dawn-newton/change-within

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