

Project	Jobshadowing	Date	16.10.2022	Time	1.5 hours
Name of Session	GROUP LEADING AND MENTAL HEALTH				
Overall aim of the training	To make participants aware of the discrimination towards those with mental illnesses and to give them tools to handle these situations				
Learning objective	Learning tools to include people with mental illnesses within the group				
Rationale for the learning objective	Group discussion about mental health				
Time slot	What	How	Resources	Learning Outcomes	Assessment methods
15 minutes	Introduction, trigger warning, energizer	Introducing the topic that will be addressed this session, giving a trigger warning (suicide, depression, eating disorders, self harm) and giving clarity that participants can leave whenever they feel the need to. Energizer is a small stretching and meditation session.		Participants will have clarity about the topics addressed during this session and will have an increased sense of safety	Checking in with participants
15 minutes	Introduction to some terms	Facilitators give an introduction to the terms Mental Health, Mental Illness, Mental Disorder and introduce		Participants understand the general terms that will be discussed and have had the space to ask any first questions	Participants will ask necessary questions. They can be asked at the end what the definitions are of the terms that were introduced.

		a small discussion about this, do participants have any questions or insecurities.			
20 minutes	Group work	Participants are asked to split into four groups. They will discuss a situation, handed out to them with a set of questions.	Four situations and the questions attached to it	Participants have a first discussion about various mental illnesses and share personal experiences. They also come up with possible solutions.	See next time slot
30 minutes	Group discussion	Participants come back to the circle. Each group reads out their situation and explains what they discussed within the group. The whole group can comment and share personal experiences.		Participants control and correct their assessment of their situation and share more personal experience and solutions with the whole group.	Group participation, checking if each person feels free to speak
10 minutes	Reflection	Facilitators ask the participants if this was difficult or easy, what they learned and if they have anything to add		Participants reflect on this session	Ask each participant to say at least one sentence about the session, so you have a well rounded idea of the way it came across