

Exercise "Peer counselling"

Start with Phase 2: Support

- a) One team member, the "case member", introduces her subject. (5 minutes)

Problems, challenges ..., feelings, background information.
Precise request to my the members

- b) Technical inquiries (5 minutes)

The team members ask questions to understand the situation.

- c) Analyses of problem (15 minutes)

Collect ideas in order to analyse the topic. The case member takes in a passive role!

- d) Feedback by the case member (10 minutes)

Am I able to make use of the ideas referring to my analyses of problem?

- e) Suggested solution (15 minutes)

The colleagues collect their suggested solutions. The case member takes in a passive role!

- f) Feedback by the case member (10 minutes)

Can I cope/work with the suggested solutions?

Phase 3: Conclusion (10 minutes)

Short feedback by every team member