

BEYOND POLITENESS

Exercise 1



Use this page to write down your expectations from peer-to-peer support and discuss these when you meet.

Expectations might include: regularity of meeting up, length of sessions, methods of communicating, what you hope to offer, what you hope to gain, and so on.

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Complete the boxes with bullet points that summarise you and your work to act as a prompt for an initial peer-to-peer introductory conversation. It's completely up to you what you decide is important to share about you and your work.

About you	About your work

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Exercise 1



Take it in turns to share expectations and the basic information about you and your work. Once everyone has shared these, compare the similarities and differences in your stories and expectations and agree how often to meet up.

Similarities	Differences

Finally, think of a stand out piece of information that you heard from your peer(s) and offer them some encouragement relating to it as a take away from the conversation.

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