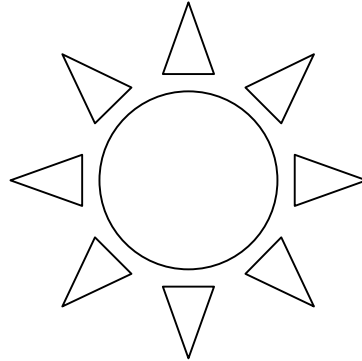




ARC Counselling and Information Service

Peer mentor training – worksheet

Outcomes



Think about:

- What do you want? Or what would you rather have?
- When do you want it?
- Where do you want it?
- What will it be like or how will you feel when you have it?
- What one thing can you do to make it happen?
- What could stop you or get in the way?
- Will you do it?