

Peer Supporter Attributes and Responsibilities



ATTRIBUTES

- Ability to maintain confidentiality
- Effective communication skills
- Empathetic
- Generous listening or active supportive listening
- Non-judgmental
- Ability to be fully present
- Culturally aware/sensitive
- Self-aware
- Emotionally mature
- Genuine
- Well respected and have trust of their colleagues



RESPONSIBILITIES

- Establish safety and trust
- Listen. Don't interrupt
- Tune in to no-verbal communication
- Provide practical assistance
- Normalize when appropriate
- Reflect strength
- Illuminate stress reactions and appropriate coping
- Remind them to express and explore what is healthy and productive for them
- Empower the individual
- Follow through and check back in