

Toolkit 2

Pre intervention

Learning Unit 9

Peer support - having a supportive context is crucial to enhance resilience

1 - Previous experiences as a team member

1. *Did you work together before?* Yes

If you answered “Yes”, please answer the following brief checklist.



Self
assessment

Activity 1

To be a team

Note: As team leader, it is very important to facilitate the relationship inside the group. It is fundamental that all members know and feel cohesion inside the group

Check with your team: It is crucial that the informal and implicit good feelings inside the team also become explicit knowledge and competences and members become aware of them.



Activity 1

Assess your team

1. How was working together? Please score on a Scale of 0-10

0 1 2 3 4 5 6 7 8 9 10

2. Brief checklist about strengths. What are the three strengths of your teamwork?

- 1.
- 2.
- 3.

2. Are members aware of them? Did you discuss them? Are the strengths explicit or implicit?

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4. Brief checklist about weaknesses. What are three weaknesses of your teamwork?

- 1.
- 2.
- 3.

5. Are members aware of them? Did you discuss them? Are the weaknesses explicit or implicit?

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