

# What is a Facilitator?



# Volunteer Growth Rooms Facilitator

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## Role Description

### What is a Growth Room?

Growth Rooms are free, peer to peer sessions which provide an opportunity for men to come together, connect and support each other in their community. During COVID-19, Virtual Growth Rooms have been hosted online via Zoom, with sessions open to both men and women.

A Growth Room consists of around 10 people who meet monthly, fortnightly or weekly for two hours to share their experiences and learn practical skills to improve health and wellness. Program resources include information on diet, sleep, exercise, mindfulness and basic Cognitive Behavioural Therapies (CBT), all designed by mental health professionals to assist Participants in their daily lives.

Growth Rooms are designed to be a safe space, allowing Participants to be vulnerable and honest, with an on-call psychologist available if required.

We want men to feel comfortable having vulnerable and honest conversations in a safe way, in a safe space and with a safe community. We provide the skills, structure and professional support to do so. Above all, The Banksia Project empower community members to support one another on an ongoing basis.

Growth Rooms tend to be held after 5pm and are run weekly, fortnightly or monthly depending on group preference.

### For Example:

Every Monday, 6pm to 8pm - Virtual Growth Room - Open to men.

Every Wednesday, 7pm to 9pm - Virtual Growth Room - Open to men and women.

### What is a Growth Room Facilitator?

The Banksia Project's trained volunteer Facilitators are everyday Aussies that put up their hand to support their community. All of our programs are peer-based and community run. Rather than providing an external "professional" to facilitate community support, we upskill the community to support one another.

Our Facilitators not only guide the session, but also participate and demonstrate vulnerability. As a result, Facilitators improve their own mental health and wellbeing.

## What is a Facilitator?

The Banksia Project requires suitable applicants to undergo a one-day training course to empower them to identify risks and mental health challenges in individuals. Facilitators are also trained in Mental Health First Aid and taught to understand their own health and wellness. They are then paired with another volunteer Facilitator to run a dedicated Growth Room, whilst having on-call support from a clinical psychologist to ensure there are clear referral pathways for those in need.

Many Facilitators may have gone through their own mental health challenges, and through a selection and training process, The Banksia Project can observe, screen and ensure applicants are in a stable and safe place mentally, with the capacity to effectively guide and support Participants.

When it comes to mental health, one size will never fit all and there is no “perfect” Facilitator. Growth Room Participants come from all walks of life and therefore, so do our Facilitators!

### Requirements of the Role

#### **Commitment to a volunteer role for at least 6 months**

We require a commitment of minimum six months to ensure a stable and mutually rewarding relationship and environment for our Participants. Growth Rooms are designed to run long-term, so Facilitators can change as required over time.

#### **Communicate with Participants and engage them for upcoming Growth Rooms**

Approximately 30 minutes commitment ahead of each session. We rely on our Facilitators to maintain communication with Participants between sessions to ensure ongoing contact and engagement.

#### **Deliver Growth Room Session**

2 hours in length with information and support provided by The Banksia Project through a dedicated portal.

#### **Track session attendance and program survey completion.**

Tools provided by The Banksia Project to do so.

#### **Escalate any challenges that may arise throughout session**

Necessary skills and resources provided by The Banksia Project.

#### **De-brief with mental health professional**

Approximately 30 minutes per session.

#### **Show Support for The Banksia Project**

Support and/or attend community events, take part in social media campaigns and demonstrate general advocacy for our work.

### **Please Note:**

- Facilitators can indicate preference for Growth Room frequency however, it is likely to be either fortnightly or monthly.
- The Banksia Project provides an online platform and consistent support and engagement with Facilitators to prepare and execute their Growth Room sessions.

### **Foundations for Successful Facilitators**

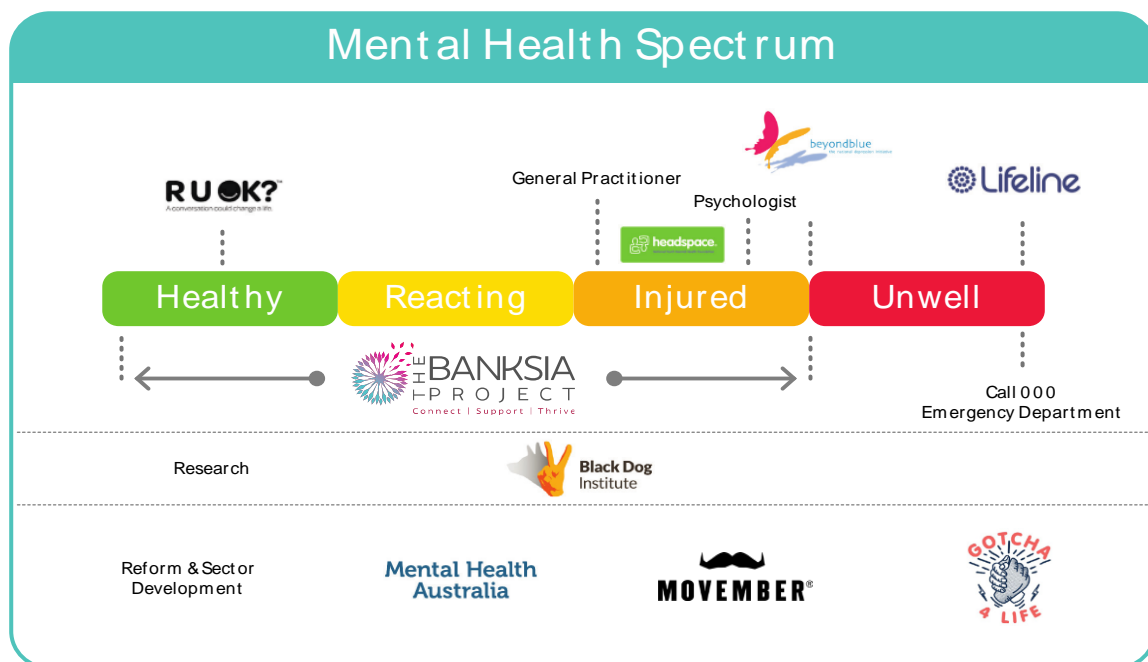
- A commitment and passion for helping others.
- An understanding of mental health and wellbeing.
- Personal self-awareness.
- A steady state of mental health.
- Ability to remain calm, judgement-free, open-minded and supportive to people from all different walks of life.
- An honest, transparent and collaborative approach throughout the process.
- A passion for working with The Banksia Project to help us spread our programs and help more people!

### **Where Our Programs Fit**

The Banksia Project's Growth Rooms are not acute crisis services. We train community members to support each other to prevent mental health crisis. Our Facilitators are not experts, counsellors or clinicians. They are dedicated and committed individuals who have put up their hand to guide community members towards positive wellbeing.

We also educate our Facilitators on skills which help them manage emotional conversations safely and identify if a participant may need more qualified support. We act as a catalyst for community members needing a referral to further clinical support – a huge gap that needs to be filled to ensure a safe recovery.

## Where Do We Fit ?



**Are you passionate about helping others? Do you want to run an ongoing program to support your community?**

**Submit an application on our website.**

If you would like any additional information, contact Program Director Jack Jones at [jack@thebanksiaproject.org.au](mailto:jack@thebanksiaproject.org.au) or 0431 204 579.