

What is a Facilitator?



Volunteer Growth Rooms Facilitator

Role Description

What is a Growth Room?

Growth Rooms are free, peer to peer sessions that provide an opportunity for men and women to come together, connect and support each other in their community. During COVID-19, Virtual Growth Rooms will be hosted online with sessions open to 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 tools to improve health and wellness. Diet, sleep, exercise, mindfulness and basic Cognitive Behavioural Therapies (CBT), all designed by mental health professionals are all used to assist participants.

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 and women to be having vulnerable and honest conversations in a safe way, in a safe space with a safe audience. We provide the skills, structure and professional support to do so. Most importantly, The Banksia Project is empowering community members to support one another.

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 each other.

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

The Banksia Project puts suitable applicants through 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. Our Facilitators are then paired with another volunteer to run their 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 mental health challenges in the past, however the selection and training process also allows The Banksia Project to observe, screen and understand that applicants are in a stable and safe place mentally, to ensure they have capacity to guide participants on their journey.

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 therefore so do our Facilitators!

The Banksia Project's Commitment to Facilitators:

Offering support and creating a community are an integral part of all of The Banksia Project's programs, including our Facilitator training program. All of our Facilitators have access to:

- An on-call psychologist to support their Growth Room sessions.
- A pre-screening process and our Facilitator training program.
- Ongoing training, mentoring and support.
- Training on the fundamentals of Mental Health First Aid.
- On-call guidance and assistance from The Banksia Project's organisational staff.
- Educational materials specifically formulated for Facilitators to share in Growth Rooms to create healthy discussion around set topics.
- Support from the volunteer Facilitator community.

Requirements of the Role:

Commitment to a volunteer role for at least 6 months

Some Growth Rooms have been running for multiple years, Facilitators can transition out if necessary.

Communicate with participants and engage them for upcoming Growth Rooms

Approximately 30 minutes per session.

Deliver Growth Room Session

2 hours in length with information and support provided by The Banksia Project.

Track session attendance and program survey completion.**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.

Showing Support for The Banksia Project

Such as supporting wider community events, social media campaigns and general advocacy for our work.

A total commitment of 3 hours per Growth Room Session

This includes 2 hours in the Growth Room.

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 and 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!

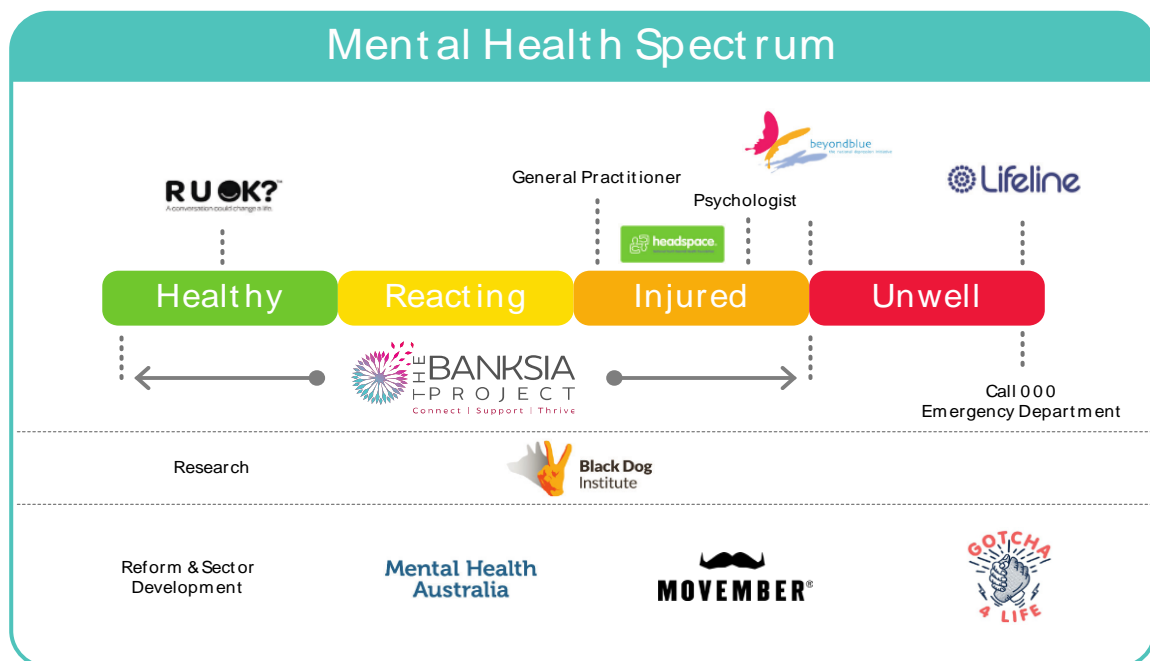
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Where Our Programs Fit:

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 community members who have put their hand up to guide other members of the community to positive wellbeing, whilst also going on this journey themselves.

We also give our Facilitators a set of skills which can help them facilitate emotional conversations safely as well as identify if a program participant may need more qualified support. We provide qualified clinical support for our programs and therefore act as a catalyst for community members accessing clinical support – a huge gap that needs to be filled.

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 or 0431 204 579.