



## CONFIDENTIAL PEER SUPPORT PLAN

This plan reflects the purpose of MSA – “to enable the wellbeing of male survivors” embraces the focus of the MSA Wellbeing Framework and follows the five step process of **Purposeful Peer Support**

### PERSONAL DETAILS

First Name		Last Name	
Mobile Phone		Email Address	

Plan Meeting Date		Record Entry Date	
-------------------	--	-------------------	--

### My personal strengths – things that I can build on

Focus	Strengths to engage	Opportunities to engage
<b>Who am I</b> – where do I belong – who and what are my valuable community connections?		
<b>What are my values</b> – what do I care about – what are the things in life that really matter most to me?		
<b>What is my purpose</b> – what life focus or activity does or could give real meaning or direction to my life?		
<b>What makes relationships work for me</b> – what do I value most in a good relationship; what do I give and what do I hope to receive?		

## My tolerance levels – how can I work with difference?

Planning Focus	Differences to address?	Opportunities to embrace?
What are the <b>differences or diversities</b> within my family/whanau, workspace or community that make me feel uncomfortable?		
What <b>biases and prejudices</b> do I harbour – the people, beliefs, and/or behaviours that I find very hard to tolerate?		
What is my sense of <b>equity and fairness</b> – what unjust and/or unfair practices or situations really upset me?		

## My key challenges that I will need to overcome

Planning Focus	Challenges to navigate?	Opportunities to resolve?
My <b>mental &amp; emotional</b> wellbeing challenges – my trauma-related and other issues that I need to find a way through?		
My important <b>personal, family/whanua and community relationships</b> that I need to strengthen and/or repair?		

Planning Focus	Challenges to navigate?	Opportunities to resolve?
My <b>work/career &amp; community participation</b> challenges that I need to resolve?		
My <b>physical wellbeing</b> challenges that I need to work on?		

### Identifying my opportunities for relationship growth

Planning Focus	Key Relationship Opportunity	Peer Support Goal
<b>Engaging my strengths</b> – valuing and developing what matters most to me		
<b>Dealing with difference and diversity</b> - seeing the relationship growth opportunities in difference		
<b>Navigating challenges</b> – clearing the way for relationships by committing to challenge resolution pathways		

## Towards wellbeing - building meaningful relationships

Wellbeing Focus	Action Plan	Peer Support Goal
<b>Engaging my strengths</b> – valuing and developing what matters most to me		
<b>Dealing with difference and diversity</b> - seeing the relationship growth opportunities in difference		
<b>Navigating challenges</b> – clearing the way for relationships by committing to challenge resolution pathways		

PLEASE PROVIDE A COPY OF THIS COMPLETED PLAN TO YOUR CLIENT