

Level 3 Expert by Experience Course

10 hr Course | £275

Learn to run 1:1
emotional
recovery sessions

Empower, inspire
& help transform
lives

Earn up to £34/hr

About

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Turn your lived experience into a valuable asset.

By enrolling in StoriBoard's **10 hour Level 3 Expert by Experience Course**, you'll learn to deliver in-demand 1:1 emotional recovery programmes & earn **up to £34/hr** on the StoriBoard platform.

No degree or formal experience is required.



Develop the knowledge and skills to deliver paid 1:1 emotional recovery sessions on the StoriBoard Marketplace



Get access to a real-world client base



Complete comprehensive training in safeguarding, suicide-prevention, emotional recovery, inclusivity & diversity



Grow your communication, interpersonal & problem-solving skills

About

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Our Level 3 Expert by Experience qualification, accredited by NCFE, is your gateway to a fulfilling and impactful career in peer support.

What is an Expert by Experience (EbE)?

EbEs draw from their own lived experiences to empower and uplift others with lived experience peer support.

Our course encompasses a comprehensive curriculum that equips you with the essential knowledge and skills to be an effective EbE.

Thanks to StoriBoard, I can now confidently utilise my lived experience to help empower others. I'm able to apply many of the skills I learnt across my life in general. This course is such a fantastic learning opportunity.

**Reuben Sam, Expert by Experience
in Vitiligo & Mental Health**



Modules

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Unit 1: Introductory Unit

1. What is meant by peer support.
2. The key characteristics of a peer support relationship.
3. The key skills of an EbE.
4. How to de-escalate difficult situations in a peer support relationship by reacting calmly and appropriately.

Unit 2: Empowering boundaries and safeguarding

1. How to maintain professional peer support relationships by setting boundaries at the beginning of the relationship.
2. The key principles of suicide and self-harm prevention training.
3. Safeguarding in relation to peer support.
4. How to end a peer support relationship.

Our qualification, meticulously designed by StoriBoard, has received a Level 3 accreditation from NCFE, a recognised awarding organisation. The Level 3 accreditation reflects the academic rigour of the course.

On successful completion, you will receive a certificate from NCFE that shows your ability to understand peer support and qualify as an Expert by Experience.

Modules

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Unit 3: EbE core skills and 1:1 support

1. What is meant by recovery-focused approaches.
2. The importance of unconditional positive regard in relation to a peer support relationship.
3. The difference between personal recovery and clinical recovery.
4. Recovery focussed approaches.
5. Goal setting.
6. Sharing your own lived experience story.
7. Coping strategies.
8. Recognising burnout.

Unit 4: Inclusive Community Building

1. What is meant by unconscious bias.
2. Diversity and the law.
3. Building a StoriBoard community.

Unit 5: Consistent engagement through group meet-ups

1. How to work in groups with a variety of people.
2. Live meetings on the StoriBoard Platform.
3. Troubleshooting in live meetings on the StoriBoard Platform.

Next Steps

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Thanks for signing up to find out more about StoriBoard's Level 3 Expert by Experience Course.

One of our Course Advisors will be in touch within the next 48 hours to answer any questions and advise on next steps.

With Love,

The StoriBoard Team

The Level 3 Course is incredibly rewarding – I've learnt so much! I feel empowered to turn my own lived experience into a valuable asset, transforming lives in the process.

Michelle Leigh, Expert by Experience in Grief

