



Supporting Tasmania's
Lived Experience
Workforce

Introduction to Peer Work – FAQ

What is the Lived Experience (LEx) Training Hub?

The LEx Training Hub was created to address a crucial need for structured support, training, and professional development for the Lived Experience workforce in Tasmania, across the mental health, alcohol and other drugs (AOD) and suicide prevention sectors. The LEx Hub offers lived experience workers, organisations, and leaders an opportunity to develop the skills, knowledge, and confidence they need to excel.

What does Lived Experience mean?

Lived Experience is personal knowledge gained from direct experience.

Who is the Introduction to Peer Work course for?

This course is suitable for both aspiring Peer Workers or current Peer Workers, who are seeking to gain a new perspective or refresh their skills.

Link to further information: [Introduction to Peer Work: 1-day course – Mental Health Council of Tasmania](#)

How do I sign up for a course

There is an online enrolment form on our course page. Following your enrolment, one of our team members will be in touch to share a registration link for available and upcoming course dates.

Enrolment form link: [LEx Training Hub Enrolment Form – Mental Health Council of Tasmania](#)

What support should I expect to receive

Our facilitators will provide support on the day. You can contact one of our team members ahead of the course if you would like to discuss this some more.

Contact details: If you have questions that aren't answered here, get in touch with us at [03 6224 9222](tel:0362249222) (option 2) or email lexhub@mhct.org.au

How long will the course take

This is a one-day, 7-hour course. There will be several breaks throughout the day to make this a comfortable learning experience.

Are there any assessments for this course

There are no assessments for this course. Skills learnt in this course will be through participation in group activities and you will be invited to reflect in the workbook that we share with you on the day.

How will this course assist me with my career

The Introduction to Peer Work is a great professional development opportunity for current Peer Workers as well as an opportunity for aspiring Peer Workers to self-reflect and develop confidence. The course is designed to meet participants where they are at in their own self-development journeys.

Can I take more than one course?

Yes, you can. The Introduction to Peer Work course will be your gateway to other courses offered at the LEx Training Hub.

Is there a cancellation policy?

Please contact us if you anticipate any challenges with attending. We appreciate at least 48 hours' notice, as this allows us to offer the opportunity to someone else and ensures we have the necessary numbers to run the course.

What do I have to bring?

Bring along a notebook, something to write with, your phone, some snacks for yourself, and your enthusiasm! We provide workbooks and activities on the day and there is access to a kitchenette with a small fridge and microwave if you would like to bring your own food. There are many local cafes that you can access as well.

Do I receive a certificate at the end

Yes, a certificate will be issued at the end of the one day.

If I cannot attend in person on the day, can I attend online?

The program is only offered face to face at this stage.

Who do I contact for more information

If you have questions that aren't answered here, get in touch with us at [03 6224 9222](tel:0362249222) (option 2) or lexhub@mhct.org.au

