**Peer Support Program: Reflection Exercise**

Adapted from materials developed by the National Network to End Domestic Violence and the Wyoming Coalition Against Domestic Violence and Sexual Assault.

It is helpful to enter a peer support relationship in a thoughtful and conscious way, as this increases the likelihood of an effective relationship. We encourage all Executive Directors (EDs) to take time to think about the following questions before committing to the Peer Support Program.

**Reflection Questions**

* What is my motivation for requesting a Peer Support Partner?

* How do I prepare myself to listen and engage in a process of reflection in the peer support relationship?

* How do I plan to be open to sharing organizational and personal challenges with a Peer Partner?

* How can my experience and expertise contribute to the success of the peer support relationship?

* How can I prepare myself to have effective, goal-driven discussions with a Peer Partner?

* What skills and leadership strengths do I bring to the peer support relationship?

* How do I plan to make time to invest in this relationship?

* How do I envision working toward my goals with a Peer Partner?

* Do I feel prepared to work through conflict in the peer partnership, and how can I support the process of working through conflict?