

# INNERTOPIA - LYP

## TRAINING FOR EMPOWERMENT AND PEER SUPPORT

Innertopia

*Live Your  
Power*



Co-funded by  
the European Union

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# What is INNERTOPIA?

## **Empowerment Exercises**

Innertopia Live Your Power is a booklet of Empowerment Exercises developed with the support of the European Union.

The exercises fall into 3 categories that have been show to elicit insight and progress:

- Clarity
- Confidence
- Making it Real

## **Peer Support group offer**

With the help of the original partners the booklet was developed into a method of facilitating peer groups to empower it's members. A training was developed for peer support guides to deliver Innertopia- Live Your Power, and one for training peer support guides (train-the-trainer).





# What can INNERTOPIA - Live Your Power be used for?

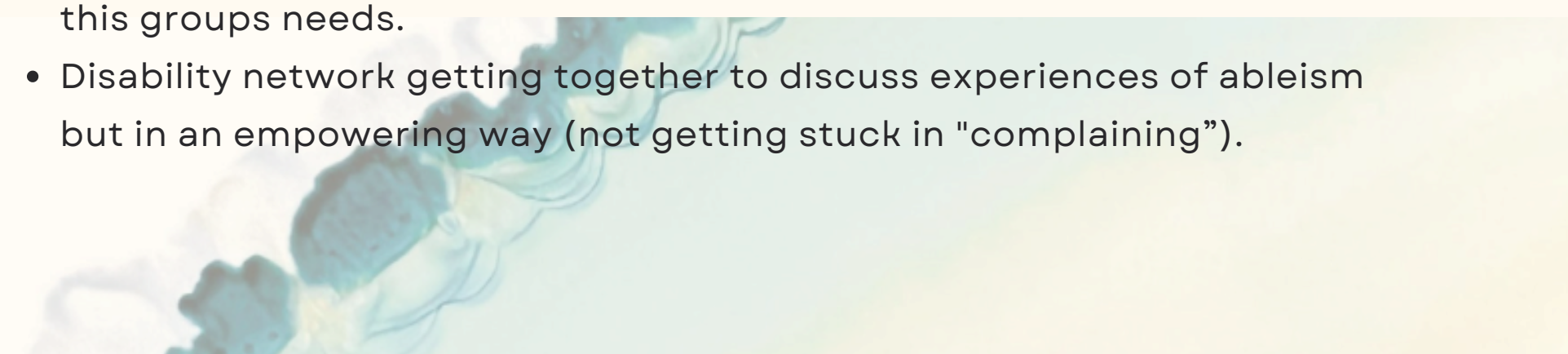
## At work, for instance for

### **Work Place Mental Health support**

Innertopia could be integrated into mental health support networks at work. Small groups be brought together for regular meetings. Under the support of the trained guide they can encourage each other to get clarity on and then work on career goals or work- life balance goals for instance.

### **Diversity Equity and Inclusion (DEI) subnetwork support group at work**

Some examples:

- Women at work circles who decide to dedicate sessions to structured empowerment and peer-support.
  - Career-advice groups, students looking for jobs or people who contemplate changing profession
  - LGBTQ+ group setting goals together to improve office awareness of this groups needs.
  - Disability network getting together to discuss experiences of ableism but in an empowering way (not getting stuck in "complaining").
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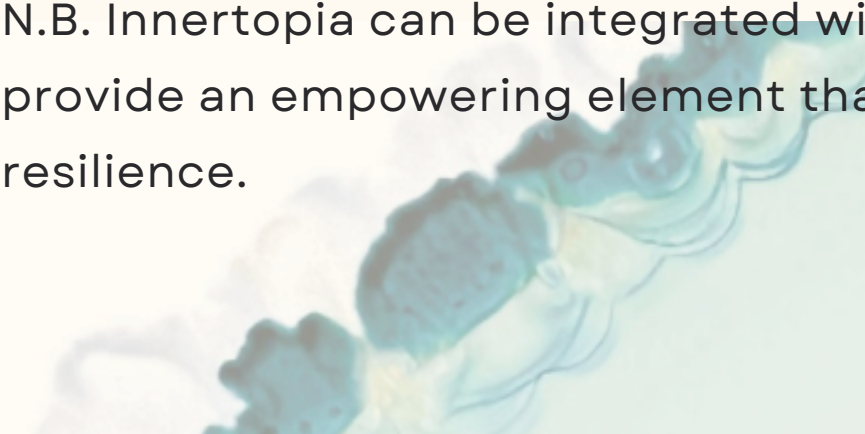
## Outside of the work place

### Topic or theme specific peer support groups

Some examples:

- 12 week course in Obesity management combined with empowering peer support meetings.
- 6 peer support meetings for Neurodivergent Students in a University setting
- Online support group for the Turkish community in the Netherlands
- Meeting group for beginning Permaculture enthusiasts who want to make changes and exchange knowledge together.

N.B. Innertopia can be integrated with existing (training) materials to provide an empowering element that inspires action-taking and resilience.





# ABOUT THE TRAINING

## **Peer guide training specifics**

### Duration & Cost?

This part of the training is aimed at enabling you to familiarise yourself with the tools in the Innertopia booklet and how you might want to approach taking your group through these exercises. In order to guide others it helps to know what it is like to undergo the exercises, so that will be part of the training. We will be reflecting on what it was like and how the experience can be adjusted to the audience you have in mind for your particular peer group.

Each of you brings your own expertise and experience to the training; we hope to facilitate you learning from each other's approaches as much as from us.

There is an online and an offline option for the training

## **Train-the-trainer program specifics**

### Duration & Cost?

You will be doing the peer guide training along with everyone else, but we have extra time set aside throughout the program to focus on how to deliver these training materials in your context. We will also work on how this program might find a home in your organization, or how you might position yourself as an independent trainer for this material.



# Training Evaluation & Testimonials

## Guide training experiences & train the trainer experiences

91% of the participants found the course personally engaging.

**As most valuable aspects of the course, the participants mentioned:**

- exchange of experiences and tools
- practice with peers - sharing and practice
- test themselves in realistic situations
- relationships
- diversity of people and professions

## Testimonials

- “Made me really happy and joyful about creating something in the future”
- “I'm grateful for all the energy and effort the organizer team puts into it”
- “I managed to really dive into myself during exercises. I am very recharged. More of these are needed.”
- “Both in terms of self-awareness improvement and in terms of the methods used the occasion was very useful.”



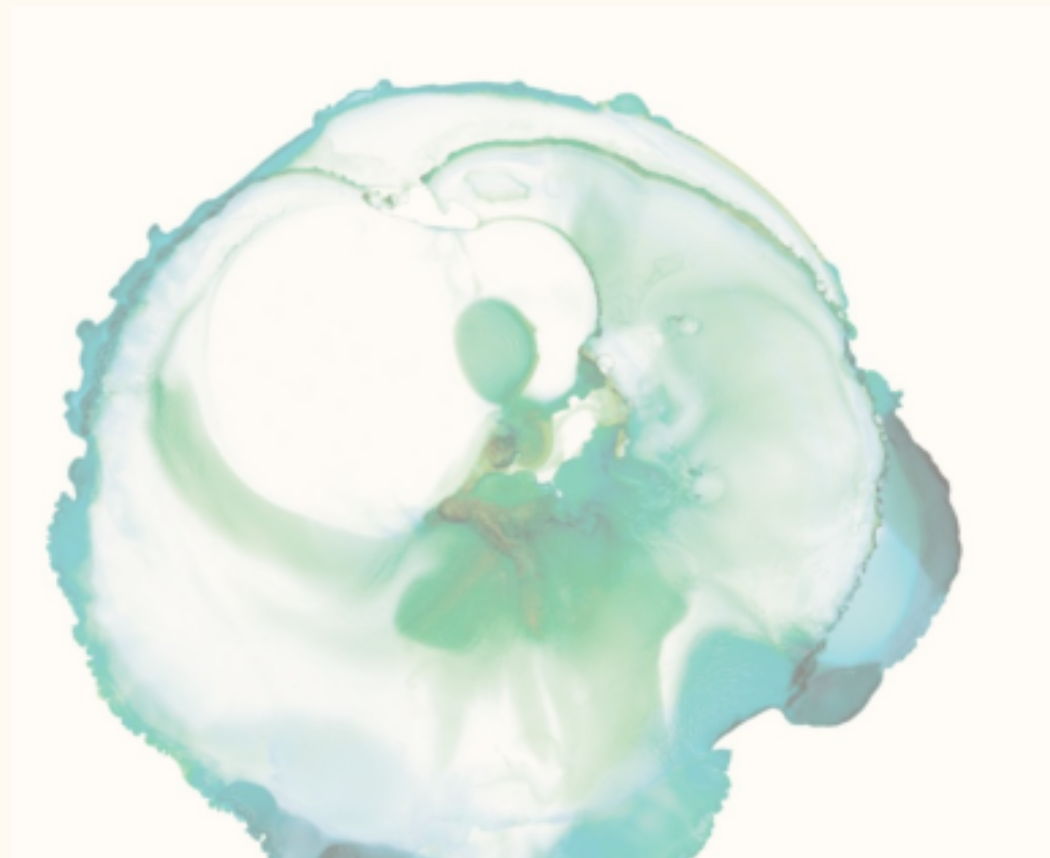
# Example story

User experience story\_peer guide

Add story

User experience story\_guide story.

Add story





# Training offer - or how to get in touch with us for a bespoke offer

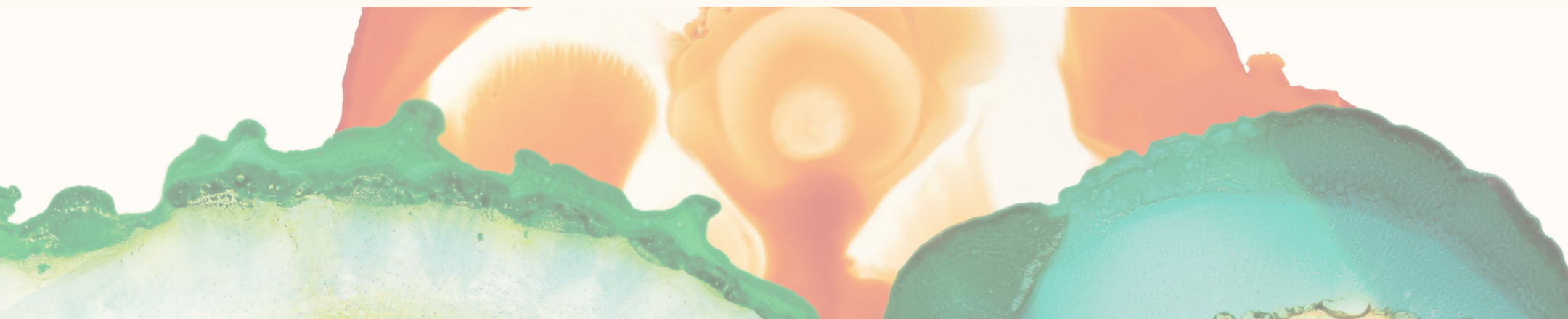
## **Register your interest for a new training round**

After having completed a prototype of an online training and a face-to-face training, the Innertopia team is ready to receive registrations of interest for further courses. Once there are enough people interested, the team will contact you about the specifics.

## **Use our already trained guide or host a training in your organisation**

Please get in touch with (name) at (email and phone no)

to discuss possibilities and pricing.



# Training offer - or how to get in touch with us for a bespoke offer

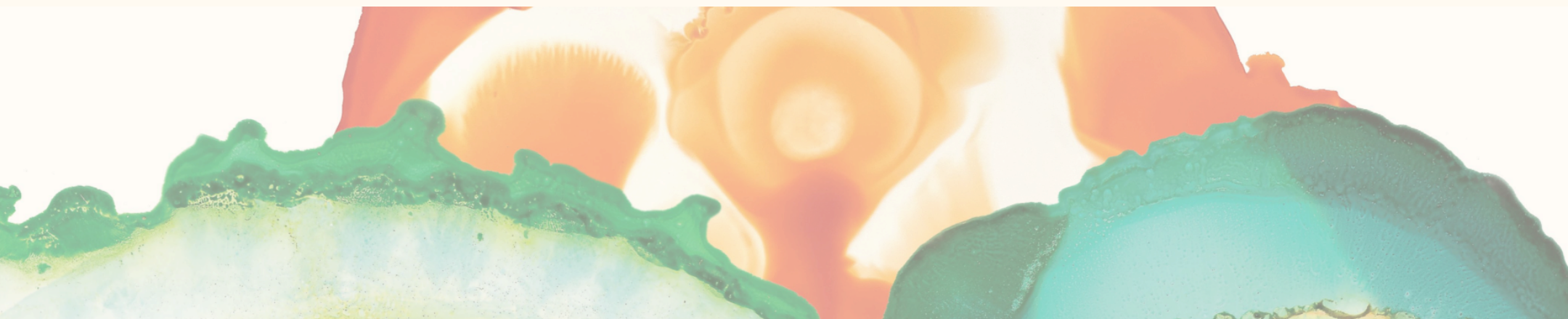
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## **Use our already trained guide or host a training for your target group**

Please get in touch with (name) at (email and phone no)

to discuss possibilities and pricing





# PRESENTING THE DEVELOPMENT TEAM

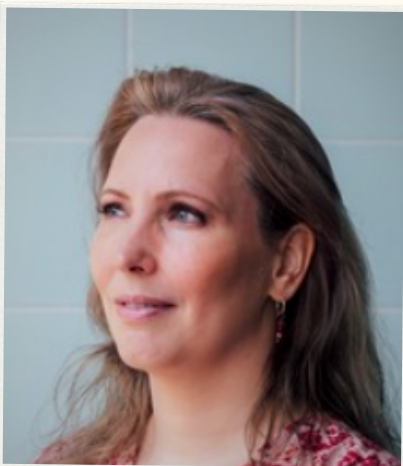
Some of these  
people could be  
your trainers!



**MILA GUREYEVA**  
Project manager, Legacy17



**MARILYN MEHLMANN**  
Founder, Legacy17



**SASKIA WENNIGER**  
Co-founder, Neurodiversity  
Education Academy



**LANA JELENJEV**  
Co-founder, Neurodiversity  
Education Academy



**ZSUZSA ILLÉS**  
Rogers Foundation



**DÓRA HALÁSZ**  
Rogers Foundation



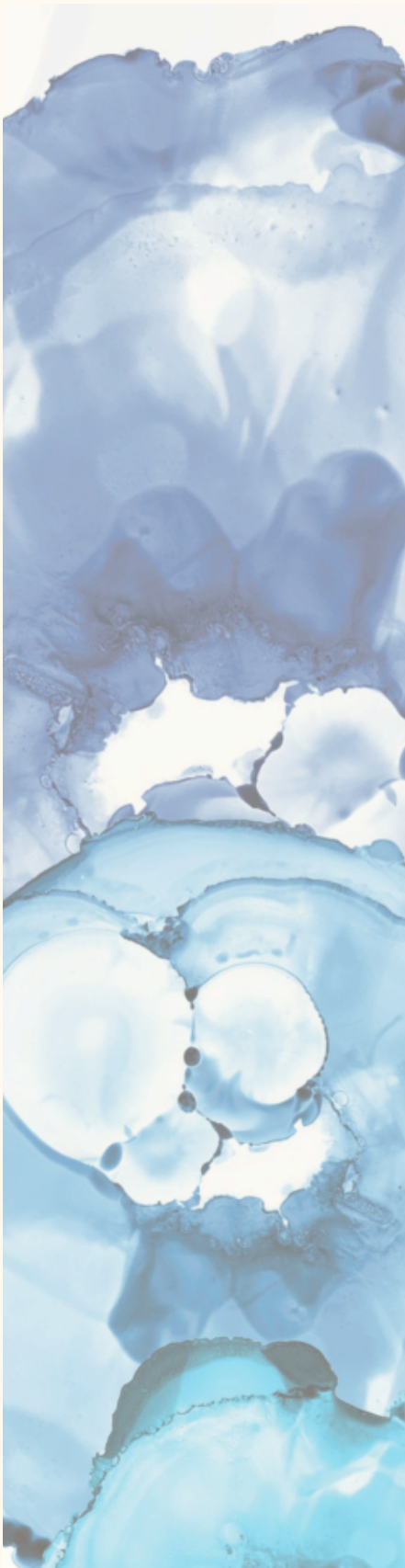
**URSEL BIESTER**  
Trekstones



**JUTTA GOLDAMMER**  
Visionautik Akademie



**BORIS GOLDAMMER**  
Visionautik Akademie





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