

Criteria for Programme Entry

New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4)

Programme suitability and expected commitment

This programme is ideal for someone currently employed in a Peer Work/Peer Support Worker role.

What is peer support work?

It is person-centred and underpinned by strength-based philosophies, in that the life experience of the peer support worker creates a common ground from which support can be provided to foster hope and optimism for the goals and aspirations of the people they work with.

What is lived experience?

Life experiences are varied, and the person has a gained self-awareness, resilience and the ability to demonstrate learnings gained from their experience. Life experiences can include, but not limited to, experiences such as mental distress, addiction, significant health conditions, trauma, and disability, or engagement with services and the wider system.

Critical to the success of the person undertaking this programme is the support of their employer and having a robust Self-Care/Wellness Plan in place.

To be suitable for this training programme, employees will need to:

- Have lived experience - is able to reflect from personal experience and awareness of strategies to enhance own well-being and balance this with the learning and assessment
- Have a Self-Care/Wellness Plan in place, or be supported in developing one
- Be employed in a relevant Peer Work/Peer Support Worker role
- Have a working knowledge of Peer Support and Peer Support models
- Self-manage their learning
- Be working for at least 10-16 hours a week as a Peer Worker/Peer Support Worker
- Require good access to the internet and digital device
- Have a good level of computer literacy, and able to print practical assessment tasks
- Have a good level of proficiency in English
- Be able to identify appropriate attestors and observers

Workplace suitability and expected commitment

- Responsible for supporting the Peer Worker/Peer Support Worker with workplace learning

Christchurch Office

Level 3, 2 Hazeldean Road
Hazeldean Business Park
PO Box 25 255
Christchurch 8024

Wellington Office

Level 1, 15 Walter Street
P O Box 2637
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Auckland Office

MIT Otara, Level 2
Building ND, 53 Otara Road
Ōtara, Auckland 2023



- Provide mentoring and coaching to their staff
- Has processes in place to support the health and wellbeing of the apprentice
 - Have EAP and/or supervision services available
 - Support external funding applications where appropriate
 - Provide attestors and observers as required
 - Enable access to the internet, a digital device (e.g. computer or smartphone) and provide facilitates for printing practical assessment tasks
 - Enable staff member to participate in workshops and supplementary training programmes as required
 - Allow study time and internet access for their employee
 - Support employee in developing and managing a Self-Care/ Wellness Plan (if one is not already in place).

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