

# Obesity UK

## Peer Support Group

### Debriefing after the session



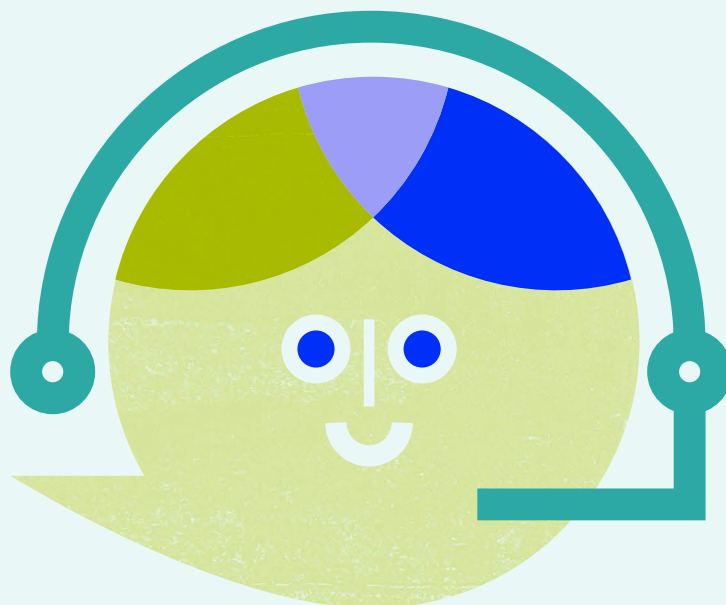
# Have a process in place for facilitators to debrief after the delivery of each session.

You can debrief with your co-facilitators for a short period of time and think about the following points:

- What worked well?
- What did not work so well?
- How could we have done things differently?
- Any challenging issues within the group?
- What follow-up actions are needed and who will be responsible for carrying them out.

It might be useful to write up your thoughts if appropriate.

You could also use a pre-prepared set of questions such as this one from The Scottish Recovery Network: [https://www.scottishrecovery.net/wp-content/uploads/2022/11/Session\\_reflection\\_template.pdf](https://www.scottishrecovery.net/wp-content/uploads/2022/11/Session_reflection_template.pdf) to help record your learning from the session, as well as processing your own feelings after delivery.



## How to get in touch

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At Obesity UK we are happy to chat with you and answer any questions you may have.

We would be happy to hear your feedback and ideas for this resource.

We can also connect you with other people facilitating peer support groups for people living with obesity.

## Please get in touch

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Contact us: <https://obesityuk.org.uk/contact/>

Contact us on Facebook: <https://www.facebook.com/Obesityuk>