

# Module 5: Becoming a PEER Ambassador (Part 1)

# Introduction

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This module is design to help you to develop skills that will make you a more successful PEER Ambassador. Specifically, the module will help you build your confidence to be a leader and learn skills to develop stronger relationships with other parents.

# 5.1. Building Your Confidence

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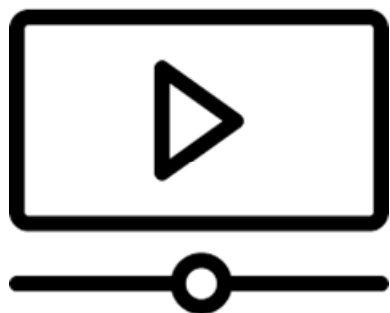
Becoming a parent leader entails building core leadership skills. Leadership is not about what title or role you have within the community, but rather how others see you. If you act with confidence – with the right blend of modesty – and demonstrate your ability to help others, they will see you as a leader. And to do that, it is important to be aware of, and in some cases build on, your level of confidence.

On the next slide you will find three articles / videos that provide helpful tips and ideas to build your confidence. Read or watch at least two of the three, and jot down what specific tips or ideas you particularly like. When you are done reading / watching and jotting down notes, fill out the table on the slide that follows.

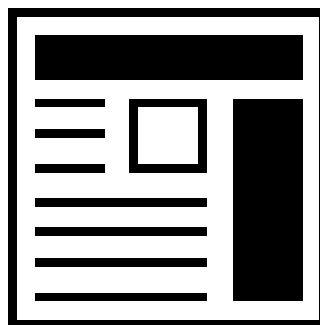
# Building Confidence

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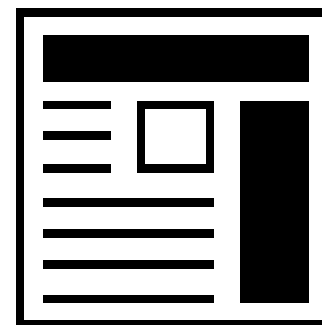
[TED-Ed: 3 tips to boost your confidence](#)



[PsychCentral: 3 Techniques to Build Your Confidence](#)



[MindTools: Building Self-Confidence, Preparing Yourself for Success](#)





## Exercise: Create your Confidence-Building Plan

The table below will help you develop an action plan for building your confidence. Look back at your notes from reading/watching the articles/video on the previous slide, and choose five tips or ideas that you would like to work on. For each tip or idea, write down what specifically you can do to act upon it.

Tips or Ideas that you would like to work on:	What will you do to act upon this tip or idea?
1.	
2.	
3.	
4.	
5.	

# 5.2 Developing Listening Skills

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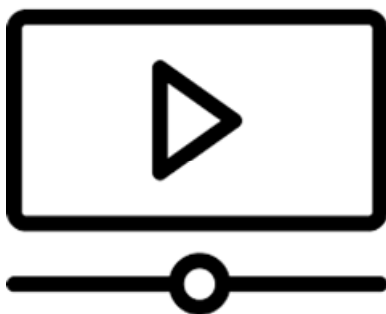
Another important skill you will need to be a good parent champion is being a good listener. As a PEER Ambassador, you will be talking with other parents in order to support their efforts to raise healthy children and youth. To do this well, it is important to be able to *listen* to what parents have to say – what are their struggles, their challenges, their hopes for their children. By listening carefully to parents we can best support them.

In the following slide you will find several articles/videos that describe listening skills (such as active listening and empathic listening). Read or watch at least two of these articles, and as you read/watch, jot down specific strategies you want to practice in order to become a better listener. Use your notes in the exercise that follows.

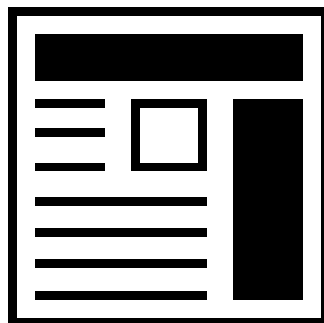
# Developing Listening Skills

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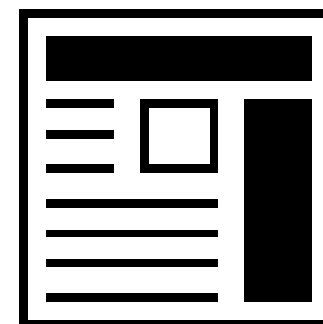
[Active Listening: How to be a greater listener](#)



[Forbes: 10 Steps To Effective Listening](#)



[Center for Creative Leadership: Use Active Listening to Coach Others](#)



**Note:** The article in the middle column, *10 Steps to Effective Listening*, talks about using eye contact. For some people direct eye contact might not feel as comfortable...often mirroring someone's body language can help make them feel comfortable.

## Exercise: Practicing Listening Skills

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Using your notes from the articles/videos above, list 5-10 specific things you want to practice to become a better listener (for example: making eye contact with the speaker, asking probing questions, not interrupting). Once you develop your list, find a friend or family member (or work with your Host Site Supervisor) to have a conversation with, either in person or by phone. Some examples of conversation topics include: What has been your hardest challenge as a parent? What goals do you have for your children? If you could change one thing about your neighborhood what would it be? At the end of the conversation, share the list on the following slide with the person you spoke with and have both you and them rate you using the following scale on how well you did in the conversation:

1=Not well at all, 2=Not very well, 3=Somewhat well, 4=Fairly well, 5=Very well

Use the rating as constructive feedback. Of course, you can repeat this exercise multiple times with different people.





## Exercise: Practicing Listening Skills

Listening Skills YOU want to practice	Your Rating of Yourself	Your Partner's Rating of You	Notes
1.	1 2 3 4 5	1 2 3 4 5	
2.	1 2 3 4 5	1 2 3 4 5	
3.	1 2 3 4 5	1 2 3 4 5	
4.	1 2 3 4 5	1 2 3 4 5	
5.	1 2 3 4 5	1 2 3 4 5	
6.	1 2 3 4 5	1 2 3 4 5	
7.	1 2 3 4 5	1 2 3 4 5	
8.	1 2 3 4 5	1 2 3 4 5	
9.	1 2 3 4 5	1 2 3 4 5	
10.	1 2 3 4 5	1 2 3 4 5	

## 5.3 Developing Meaningful Relationships

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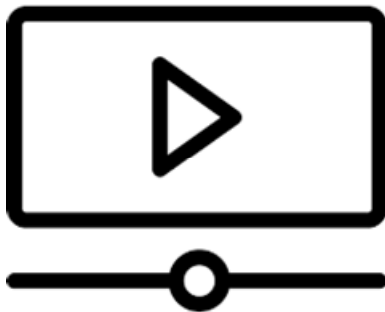
Listening skills are only one critical element of making meaningful connections with other people. The articles and videos on the next slide highlight other elements of relationship building. Using these elements of relationship building is important for building rapport and trust with fellow parents in order to be able to best support them.

Read or watch at least two of the three articles and videos below, and jot down notes as you go along.

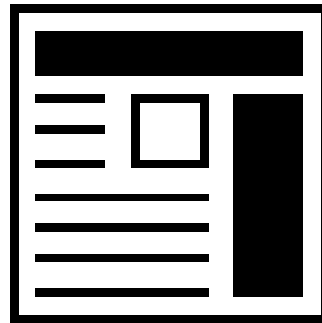
# Developing Meaningful Relationships

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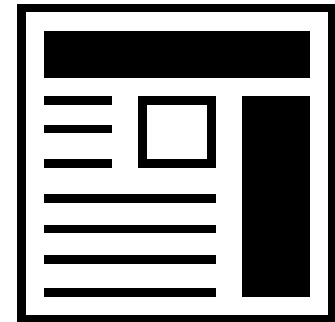
[Conversation Tips to Help You Feel Less Awkward](#)



[Training: 8 Tips for Developing Positive Relationships](#)



[Community Toolbox: Building and Sustaining Relationships](#)





## EXERCISE: The Do's and Don'ts of Building Relationships

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Based on the items you read/watched above, develop your list of do's and don'ts of building relationships.

Do's	Don'ts
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.