



Intentional Peer Support training

As the Peer Workforce across South Eastern NSW grows in size, so too does its maturity. 2025 marks a major investment in the development of that workforce, with:



20 Peer Workers



14 Managers

from 11 different mental health services participating in Intentional Peer Support (IPS) training, an internationally recognised program that goes beyond skill-building to nurture the heart of Peer Work itself.

For many, it was a chance to deepen their practice, reconnect with the values that brought them to the work, and build stronger links with others walking similar paths across the region.

But this initiative wasn't just about individuals, it was about shaping a workforce that is sustainable, supported, and seen.

*"In the realm of peer support, I've learned,
It's not about fixing, but walking
alongside,
Where empathy blooms and hearts are
turned,
To share the truths we all try to hide.*

*Two experts in lives, side by side,
No one holds the answers alone,
It's in the space where we coincide,
That growth and healing are fully sown.*

*Vulnerability becomes a gift,
I feel more open, more alive,
No longer needing to uplift,
But to help another thrive.*

*I've learned that listening is key,
To ask, not tell, to guide, not lead,
In every soul, there's a way to be free,
With trust and respect as the seed.*

*IPS has opened my eyes wide,
In sharing stories, we both grow,
I stand with others, heart open, untied".*

*- Robert Boyland,
Peer Worker, Wollongong
Mental Health Hub*