



Moments of impact

Local Peer Work stories

Regional Peer Network - Nan Tien temple

At the Illawarra Shoalhaven Peer Network meeting in August 2025, Peer Workers gathered in the peaceful surrounds of the Nan Tien Temple for a session focused on **reflection, restoration, and skill-sharing**.

In a sector where Peer Workers are often asked to give, to hold space, to offer insight, to support others, this meeting offered something different: the chance to simply receive.

Surrounded by quiet gardens and calm spaces, the group **explored practices to strengthen their own wellbeing and enrich the support they offer to consumers**.

Zoe, a Peer Worker from Stride Wollongong, led the session with personal reflections on the role of compassion in Peer Work. The temple's guides led participants through a Metta Bhavana meditation for love and kindness and was supported by Zoe's facilitation of a resilience tree activity, an exercise to help Peer Workers connect with their protective factors that can form part of their peer toolkit that can be shared in supporting others.

It was a rare and vital opportunity for Peer Workers to reconnect with themselves, deepen their practice, and leave feeling replenished and ready to carry forward what they had received into their work with others.

