



**CENTRE FOR INNOVATION IN PEER SUPPORT**

**Preparing for Employment & Peer Support Certification:  
A Reflective Practice & Readiness Toolkit**

**LIVED/LIVING EXPERIENCE & READINESS TO SUPPORT WORKSHEET**

## Purpose:

This tool is designed to support your reflection on Peer Support Canada's National Certification Handbook and the Practice Standards. This worksheet invites you to explore how your lived or living experience, values, knowledge, skills, and practice align with the National Practice Standards and Peer Support Canada certification process and employment readiness. Use what feels meaningful—this is a personal reflection tool.

**Reference:** [Peer Support Canada \(2023\). National Peer Support Certification Handbook](#)

---

## Lived/Living Experience & Readiness to Support

- **Lived/Living Experience:** Reflect on how you use your lived or living experience intentionally and ethically.

## Reminder:

You are in control of your story. Sharing lived experience in peer support is about choice, intentionality, hope, and supporting others—not proving yourself.

## Self-Reflection Questions:

1. What does my lived/living experience mean to me?
  
  
  
  
  
  
  
  
  
  
2. How does my experience shape how I support others?

3. How do I know I am ready to support others?

4. How do I share my story in a hopeful and intentional way?

5. How do I define what recovery means to me?

# Peer Support Practice Applied Skills Worksheet

## Understanding Lived/Living Experience

### Scenario:

*During a peer support group, a participant asks why lived experience is considered valuable expertise. They say, "I understand why professional training is important, but why is someone's personal experience considered expertise?" Several other participants express curiosity and look to you for a response.*

1. What makes lived experience a valuable source of knowledge in peer support practice?
2. How do lived experience and professional expertise complement one another in supporting recovery and wellness?
3. How can sharing lived experience help foster connection, credibility, and hope without positioning one person's experience as the right path for others?

## Readiness to Support Others

### Scenario:

*A peer shares a situation that closely mirrors a challenge you are currently navigating in your own life. As they describe their experience, you notice strong emotional reactions and recognize that some of the same questions and uncertainties are present in your own recovery journey. You want to support the peer effectively while remaining aware of your own needs and boundaries.*

1. How would you balance authenticity and self-awareness when supporting a peer whose situation closely resembles your own?
2. Why is it important to recognize the difference between your recovery journey and the peer's unique experience?
3. How can reflective practice, supervision, or self-care support ethical and effective peer support in situations like this?

## Sharing Lived Experience Intentionally

### Scenario:

*A peer shares that they are feeling discouraged and hopeless after experiencing a recent setback in their recovery. As they talk, you recognize similarities to a challenge you faced in your own journey and recall how difficult it was to maintain hope during that time. You believe your experience may be relevant, but you want to ensure that any sharing supports the peer's needs rather than shifting the focus to yourself.*

1. What considerations help determine when and how to share lived experience with a peer who is feeling hopeless?
2. How can peer support offer hope while honouring the peer's current experiences and emotional responses?
3. What peer support values and principles would guide your response in this situation?