



5 USEFUL RECOMMENDATIONS

- I. EVERYBODY IS **FREE** TO LEAVE THE MEETING AT ANY TIME AND ALSO HIS/HER ROLE AS PEER MENTOR.
- II. **ADAPT** THE DURATION AND CONTENT OF EACH EXERCISE CONSIDERING THE CONCRETE NEEDS OF THE GROUP OF PEOPLE YOU ARE WORKING WITH.
- III. TRY TO CREATE A **SAFE, COMFORTABLE AND NICE ENVIRONMENT**.
- IV. ALWAYS **RESPECT** THE POINT OF VIEW, FEELINGS AND THOUGHTS OF THE PEOPLE YOU ARE WORKING WITH.
- V. **OPEN YOUR MIND** TO THE SUGGESTIONS OF THE GROUP YOU ARE WORKING WITH.

