**Erin Swarbrick is a teacher at Rangiora High School.**

“Attending the two day Peer Support training was invaluable for me. It allowed me to see how the activities were run, discuss the bake in each activity and really experience how each person connected to each activity differently. It made the peer support ideals much more realistic and attainable for me. When I took this back to our school peer support training days I felt confident in a wide range of activities that I pulled out when required. I was also able to really connect to my group of students more effectively as I had been in their shoes. I knew how awkward they were feeling and was able to better sympathise, support and guide them towards growing their own confidence.

It was definitely a two day training course where I feel I was able to up skill myself and really expand my knowledge. I have even used a couple of the activities in my normal mathematic classes!”