

Mapping Our Peer Galaxy

FOR COLLECTIVE GROWTH & WELL-BEING



Learn an innovative way to foster peer-power! The exercise encourages participants to identify their passions, interests, and goals, and then collaborate with their peers to establish collective goals and micro-goals. This collaborative process fosters peer mentoring and peer-support networks as participants support each other in achieving their objectives.

The exercise begins with identifying the **central stars (peer-support)**, representing the overarching purpose of our peer support network. From there, you will collaborate to establish a **collective goal (peer-mentoring)**, breaking it down into **micro goals (peer-mentoring)** for actionable progress. By discovering similarities, you will **form constellations (peer-support)**, creating interconnected networks of support and empowerment.

LET'S MAP OUR PEER GALAXY TOGETHER!

STEP 1

CENTRAL STARS:

Goal: Identify individual passions and interests to build a foundation for a supportive peer network.

Identify your passions and interests, both personally and professionally. Think about what topics you love discussing with others. Examples include cooking, gardening, hobbies like knitting or dancing, attending conferences, managing workload effectively, and utilizing technology for productivity.

QUESTION:

What are your passions and interests? Brainstorm ideas for 'Central Stars' that represent your individual interests and goals.

ANSWER:

FOR IN-CLASS ONLY:

Use this space or the last page to enter your answers.

Four central stars were displayed on the deck. Write the name of the central star you belong to.

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STEP 2

COLLECTIVE GOAL

Goal: Establish a shared objective that fosters unity and collaboration among team members.

Choose a collective goal that aligns with your interests. **For example**, if gardening is a central star, the collective goal could be establishing a workplace community garden. This goal should foster unity, well-being, and sustainability among colleagues.

QUESTION:

What is the goal? How can the chosen goal align with your passions? How can the group collaborate to achieve it?

ANSWER:

FOR IN-CLASS ONLY:

Use this space or the last page to enter your answers.

Based on some of the examples provided under your chosen central star, what is your group's collective goal to foster unity and collaboration (one goal) and what is one way the group can achieve this? *(see example above for inspiration)*

STEP 3

MICRO GOALS

Goal: Break down the collective goal into actionable steps to facilitate progress.

Break the collective goal into smaller, actionable steps or milestones. **For example**, if the goal is a community garden, micro-goals could include securing a location, forming a gardening committee, developing a garden plan or finding a location.

QUESTION:

How can you contribute to achieving the goal from Step 2 through small, achievable steps?

ANSWER:

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FOR IN-CLASS ONLY:

Use this space or the last page to enter your answers.

Based on your group's collective goal from Step 2, can you come up with 3 micro-goals to achieve the collective goal? (*see example above for inspiration*)

STEP 4

COLLECTIVE GOAL

Goal: Facilitate the formation of supportive communities and peer networks.

In this step, you will form groups (constellations) based on shared interests, goals, or expertise. These constellations serve as hubs of collaboration and support, allowing members to connect with peers who share your similar passions. By coming together in these constellations, you can build meaningful relationships, exchange knowledge and ideas, and support each other in achieving their collective and individual objectives.

QUESTION:

How can you contribute to or join constellations that align with your goals and interests? How can you actively engage with your peers to create a supportive community within your workplace?

ANSWER:

FOR IN-CLASS ONLY:

Use this space or the last page to enter your answers.

Knowing your interests, collective goal and micro goals, can you form or join a constellation? Who is in your constellation and how can you support each other in achieving the goal?

TAKE NOTE OF THIS

Remember, by identifying our passions, setting collective goals, breaking them into actionable steps, and forming supportive constellations, we have laid the groundwork for fostering peer-mentoring and collective well-being in our workplace.

The connections you have made and the communities you have formed are vital for your growth and success.

Keep supporting each other, share knowledge, and work collaboratively towards shared objectives.

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YOUR CONSTELLATION

Using steps 1 to 4 as your guide, draw out a constellation in the space below.

USE THIS SPACE:

