

Psychoeducation Workshop Facilitator (25/26)

Salary: London Living Wage

Project Length: 4-week pilot

Location: Hendon Campus

Role Overview

Student Workshop Facilitators will co-deliver interactive psychoeducation workshops as part of a 4-week pilot project run by the Student Union and supported by the Education Officer. This role focuses on supporting student wellbeing through guided discussion, reflective activities, and inclusive facilitation rather than formal teaching or presenting.

This is a unique opportunity to gain hands-on experience in wellbeing facilitation while making a meaningful contribution to campus life.

This is a flexible role, designed to fit around academic commitments, and is paid at the London Living Wage. The role is open to current MDX students only.

Who Is This Role For?

This role is ideal for students studying Psychology, Education, Social Sciences, or related disciplines who are interested in gaining practical experience in facilitation, communication, and wellbeing support.

It is also well suited to students who want to:

- Build confidence, leadership, and group facilitation skills
- Explore mental health education and student wellbeing
- Gain applied experience alongside academic study
- Make a positive impact within the student community

No prior facilitation experience is required — full training and ongoing support will be provided.

Role Responsibilities

As a Student Workshop Facilitator, you will:

- Co-facilitate short, interactive psychoeducation workshops (1 hour each)
- Support the delivery of sessions on topics such as stress, boundary setting, wellbeing, and accessing support
- Develop and adapt interactive workshop activities alongside the Education Officer
- Create a safe, inclusive, and respectful environment for open discussion
- Encourage participation, reflection, and peer discussion among students
- Model positive communication and healthy boundaries
- Respond appropriately to group dynamics and differing needs
- Take part in post-workshop debriefs and reflective discussions to review and improve sessions

Training & Support

All facilitators will take part in intensive, interactive training prior to delivering workshops. This will include:

- Managing group dynamics and inclusive facilitation
- Handling emotional distress or sensitive disclosures
- Practical engagement and delivery techniques
- Understanding the difference between *presenting* and *facilitating*
- Clear guidance on boundaries, safeguarding, and signposting support

Ongoing mentoring and support will be provided throughout the project.

What's in It for You?

By joining this project, you will:

- Gain real-world experience in wellbeing facilitation and psychoeducation
- Develop leadership, communication, empathy, and reflective practice skills
- Receive structured training and mentoring from Student Union staff
- Strengthen your CV and professional profile
- Gain valuable experience relevant to careers in psychology, mental health, education, teaching, or social care
- Make a tangible, positive contribution to student wellbeing on campus

Skills & Experience (Essential)

- An interest in **mental health, wellbeing, and psychoeducation**
- Strong **communication and interpersonal skills**
- Confidence in engaging with and facilitating discussions with other students
- Ability to work **collaboratively** with staff and fellow student facilitators
- Willingness to learn, reflect, and receive guidance and feedback
- Good organisational skills and reliability

Skills & Experience (Desirable – not essential)

- Experience in **peer support**, mentoring, volunteering, or student leadership
- Studying (or interest in) psychology, mental health, social sciences, or related fields
- Lived experience or strong awareness of student wellbeing challenges
- A good level of **self-awareness** and ability to reflect on personal strengths and limit

Duration & Commitment

- **Project Length:** 4-week pilot
- **Workshops:**
 - Two themed sessions, running bi-weekly
 - Approx. 1 hour per workshop (you will be allocated sessions)
- **Training:**
 - Mandatory facilitator training on **5th February**
 - Debriefs after each workshop facilitated

Indicative Schedule

- w/c 9th February – Workshop preparation
- w/c 16th February – Workshops delivered
- w/c 23rd February – Workshop preparation
- w/c 2nd March – Workshops delivered

Key Dates

- Closing date - **29th Jan**
- Interviews - **3rd Feb**
- Training - **5th Feb**