

# PEER SUPPORT ORGANISING WORKSHEET 3



The Opener

The Substance

The Commitment



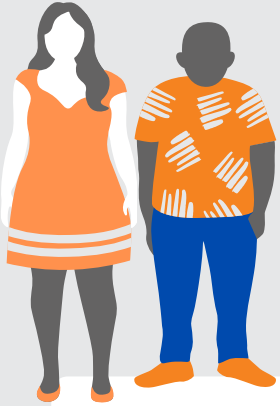
## The 121

I-PLN



# I-PLN ORGANISING

## (Knowledge Sheet) #3



### Instructions

We build relational power in Organising by having 121s with potential collaborators. It's a method for identifying with another person's drives and angers, and hence your capacity to build a community for change. 121s should be around 40 minutes, and should be co-led.

### What is it?

It's not an interview! A 121 needs to have equal participation from the two people involved. You want to identify the issues you both care about. What's brought you both to where you are today? And what makes you angry? You can model this kind of personal, relational behaviour by setting out a political introduction (your story).



### I've completed the activity now what?

End the 121 by agreeing on some commitments to act - in the beginning, this will likely involve asking the other person who else you should meet with, and who they should try having a 121 with. Try and book another 1:1 in there and then, to continue the relationship.



### How does it relate to my work?

We often hear from Peer Support Workers is that health has become too hierarchical, and non-relational. In order to build a community for change, you need to build relational power and get more people on-side. By making this about a relationship rather than an issue, your capacity to influence sustains even after you take action.



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