

# Overview

## **What is group support?**

This module is focused on enabling people to work with others in a supportive and empathetic way, and to create group cultures which allow everyone to thrive, provide the emotional support that people need, and give them the skills to deal with conflict constructively.

## **Why is this module important?**

When working with others, it is really important that early on you clearly and honestly establish your expectations for yourself, for the team, for each other and for the project you are working on. Doing so can create a healthy working environment, in which people understand and respect boundaries, and work together for the collective success of your defined goals. Having such discussions initially also ensures that your relationships are built on openness and it can help you to deal with conflict constructively, as and when it arises.

Creating a team that emotionally supports those within it is also incredibly important as only does it ensure that people are looking after each other, it also enables the development of genuine connections, which can help to establish trust. Teams composed of individuals who care for each other's well-being and who trust each other are far more likely to succeed and fulfil their aims.

---