

New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4)



Campus
Distance



Duration
1 year, full-time
(field-based training)



Start Dates
28/02/2022



Domestic Fees
FREE under TTAF*

Foster hope and build resilience, self-determination and autonomy. Focus on peer support tools, communication strategies, developing leadership, and the power of own story and how this can be shared in a safe and professional way to support peers and whānau who are experiencing distress.

WHAT YOU WILL LEARN

Designed for those working in the sector. The New Zealand Certificate in Health and Wellbeing (Peer Support) uses blended learning methods for delivery that combines face to face, online delivery and work-integrated learning. Students attend the polytechnic for eight two day block courses, with the remaining hours completed in the workplace. Workplace hours are a minimum of 18 hours per week and independent study is approximately nine hours per week. The New Zealand Certificate in Health and Wellbeing (Peer Support) will be delivered in collaboration between Kites Trust and Whitireia.

MORE DETAIL ABOUT THIS QUALIFICATION

Courses

The Lived Experience (30 credits)

This course provides the opportunity for the student to demonstrate the skills and knowledge to work effectively as a peer support worker. Students will demonstrate an understanding of self-care strategies and their contribution to wellbeing. Students will reflect on their own lived experience and how this lived experience can be shared in a safe and professional way to support peers and whānau who are experiencing distress.

Whānau Building Relationships (30 credits)

This course develops skills and knowledge to enable students to build effective professional relationships with peers (people who have experienced similar adversity). Students will demonstrate an understanding of socio-cultural and historical factors that impact on health and/or social outcomes. Students will reflect on their use of appropriate communication strategies that are respectful of diversity and that demonstrate working in partnership with others.

Peer Tools (30 credits)

This course develops the skills and knowledge to enable the student to demonstrate the ability to work effectively as a peer support worker. Students will demonstrate an understanding of advocacy relevant to working alongside peers who have a similar experience. Students will reflect on the peer support tools and strategies used to foster hope and build resilience, self-determination and autonomy.

Leadership (30 credits)

This course develops skills and knowledge that enable students to protect and promote the health and wellbeing of peers and whānau. The student will demonstrate an understanding of their role in quality improvement and its impact on improving health and wellbeing. The student will reflect on their own personal leadership and their ability to influence effective teamwork and policy-relevant to work with people and whānau accessing peer support services. Students will also reflect on the ethical and legal implications related to their role.

[Course Outline](#)

ENTRY REQUIREMENTS

NCEA Level 1 or equivalent; employment or voluntary work in a related field for a minimum of three days/18 hours/week with evidence of manager support; evidence of suitability based on employer's support/referees and safety checks, to meet relevant legislation

International students

Proven equivalence to domestic entry requirements and IELTS 5.5 (no band lower than 5.0), or equivalent.

HOW TO APPLY

1. We recommend you apply online from the Whitireia website.

GET IN TOUCH



whitireiaweltec.ac.nz



0800 944 847 (WHITIREIA)



0800 935 832 (WELTEC)



2. Before you start your online application, you will need to have the following documentation available to upload when requested:

- Completed '[Supplementary Application Form](#)'
- [Referee report](#)
- Letter of Support
- Verified ID
- Verified official transcripts
- Curriculum Vitae

Give the referee report to someone who is willing to be your referee. Ask them to complete the forms and either return to yourself (so you can upload with your application), or scan and email to enrolments@whitireia.ac.nz within 10 days. Please note applications will not be processed until the referee report has been received.

Mailed to:

Enrolments, Whitireia New Zealand
DX SX33459, Porirua 5022

Dropped into:

Enrolments, Whitireia New Zealand
3 Wi Neera Drive, Porirua

FUNDING YOUR STUDY

Government's Targeted Training and Apprenticeship Fund (TTAF)

These programmes are FREE under TTAF, covering; compulsory tuition fees, compulsory course costs and compulsory student services fees. Visit tec.govt.nz for more information about TTAF.

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