

Peer Support Training

A Training Program for all Health Professionals

In collaboration with
Dr. Heather Rabin



Whether you're starting a new program or strengthening an existing one, this training will help you do it with intention, structure, and sustainability.

Building Sustainable Support Networks from *Within*

Burnout, moral distress, and the cumulative emotional toll of clinical work continue to challenge healthcare teams. In response, the **Wellbeing Collaborative** is launching a powerful, hands-on training designed to help all health professionals **build, launch, and sustain** peer support programs within their organizations.

This isn't just theory—it's practical, evidence-based training for real-world impact. You'll walk away with tools, structure, and the confidence to **create and sustain** peer support programs that promote connection, psychological safety, and wellbeing across teams.

WHAT YOU'LL LEARN

Participants will leave with practical knowledge, ready-to-use materials, and expert guidance on how to:

- **Design** a program tailored to your workplace
- **Provide** peer support
- **Lead** peer support conversations through role play & real-life scenarios
- **Navigate** tricky topics like liability, documentation, confidentiality and escalation
- **Sustain** momentum and leadership buy-in over time
- **Build** a roadmap for expansion and long-term impact

★ **ACHE** Qualifying Credits available

ACHE of Arizona
An Independent Chapter of
American College of Healthcare Executives
for leaders who care®

WHO SHOULD ATTEND:



This training is ideal for:

- Physicians, nurses, and other clinical staff
- Non-clinical staff and wellness teams
- Peer supporters and support program leaders
- HR professionals and healthcare administrators
- Public Health Professionals
- ...any professional supporting health professionals!

Meet the Facilitator

Dr. Heather Rabin brings over two decades of experience in organizational psychology and physician coaching. As program lead and lead facilitator, she brings deep expertise in burnout prevention, clinician wellbeing, and peer support implementation. Dr. Rabin has worked with healthcare teams nationwide to foster psychological safety, resilience, and trust. She most recently completed the Chief Wellness Officer Course at Stanford School of Medicine and is a subject matter expert in strategies that promote occupational wellbeing.

CHOOSE YOUR PATH: TWO-PART FORMAT

You can register for Part 1, Part 2, or both sessions!

1

Part 1 | 9:00 AM – 12:30 PM | Building a Peer Support Program and Peer Support Training

Designing your structure, how to provide peer support, practicing key skills.

2

Part 2 | 1:30 PM – 3:30 PM | Sustaining a Peer Support Program

Troubleshooting challenges, sustaining engagement, and building long-term strategy.

REGISTER HERE



Friday November 7, 2025
9:00am-3:30pm



ASU Chandler Innovation Center
249 E Chicago St, Chandler, AZ 85225



Lunch Provided