

Course Accompanier Guidelines

Purpose of participants having a Course Accompanier

To provide at least three opportunities for participants to explore areas of the course relevant to their personal journey of discipleship with someone they trust.

Ideally the course accompanier will have experienced the course as a participant but this is not essential. The Course Accompanier will be invited to a briefing which will assist them in their role. They will be provided with the course material.

What is the role of the Course Accompanier?

For the participant to share their understanding about:

- Their experience of the course.
- What is being learned, or unlearned.
- What particular areas of discipleship might be explored.

Each participant is invited to discuss different aspects of discipleship with a view to self-awareness, knowledge about the course material and/or the Christian journey.

Course accompanying **is not** counselling, advice giving, teaching, course evaluation or spiritual direction, although each of these might be present in a limited fashion. It **is** an exploratory partnership of peers on the Christian journey.

What should happen as you meet together?

Set agreed boundaries with each other about:

- Time for meeting – about 1 hour per meeting.
- Confidentiality – what does this mean for each of you?
- Whether or not the contents of the meeting can be referred to outside the set times without consent.
- The participant and accompanier taking personal responsibility for what they share with the other – e.g. share only what you are comfortable with sharing
- How you will decide what to speak together about.

Conclude with an informal summary, verbal or written, of what has been discussed, its potential value and proposed actions. The participant is to take responsibility for further action or study. If agreed, set a further meeting within the course framework.

We recommend meetings after Sessions 1, 4 & 8.