



**MENTAL  
HEALTH  
FIRST AID®**  
Australia

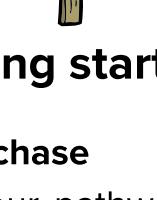


## Getting the best out of your upcoming Facilitated Return Pathway

### 1 Expectations

We want to be sure you are familiar with what to expect of your pathway:

- Explore the Returning Instructor Journey - Facilitated Return Pathway Help Centre articles and watch the videos.
- Review the self-directed learning sign off form.
- Peruse the presentation marking guide.
- Commit to the 7-8 hour pathway process



### 2 Getting started

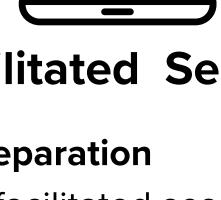
#### Stage 1 Purchase

Purchase your pathway access in the shop (link and password will be emailed to you).

#### Stage 2 Prework

See Help Centre Article for the list of resources to review.

Confirm completion using form linked in the Help Centre article and email.



### 3 Facilitated Session

#### Stage 3 Preparation

Book your facilitated session in Event Brite.

Then we will let you know which topics you will be allocated.

The sessions will be run live, online via VCT.

Prepare to deliver your presentation. Refer back to Help Centre Articles.

### 4 Stage 4 - Presenting

The purpose:

- demonstrate facilitation and time management skills to specialists
- address common course participant questions
- share knowledge and experience with peers

The task:

- deliver 2+ topics
- up to 3 min each plus 1 min engagement
- no visual aids required



The result

- assessment by specialists
- pass to return to facilitation

### 5 Stage 5 - Program Membership

Confirm your Program Membership is current.



You will then be able to return to course delivery.

If you have any questions or concerns about your Program Membership, contact [instructors@mhfa.com.au](mailto:instructors@mhfa.com.au)

### 6 Support and Self-Care

Feel free to contact us for support:

- [instructors@mhfa.com.au](mailto:instructors@mhfa.com.au) for any queries
- Booking Tool for a 15 minute appointment with a specialist.



We encourage all participants to reflect on their own self-care leading up to, during and after the training.