



ONLINE COURSE COSTS

There are various costs associated with running the course online, this document gives a basic outline of what these are.

1

Journals - £11 per woman

Each woman needs an Own My Story journal to participate in the course. The journal costs £10, and there is postage to get the journals to you. You will need to allow 30 minutes for ordering the resources.

2

Posting journals to women - £10 per woman

To deliver the course online, each woman will need the journal posting to her. The elements involved in posting include:

- ▶ Using Royal Mail online service (accessed here: <https://send.royalmail.com/>), the journals can be posted first class to women for **£5.47**, which includes £20 parcel insurance.
- ▶ You will need an envelope to post each journal out. To be environmentally friendly, we advise using cardboard envelopes, which we access from Viking Direct (accessed here: <https://www.viking-direct.co.uk>), They are article number 6896979 and cost £4 each.
- ▶ You will need to allow about 2 hours time to post the journals out to women.

3

Group Reflection Session - £30 per session (optional)

To support your delivery, there's optional Group Reflection sessions, which we advise attending before delivering your first session, after Session 6 and after Session 12. Run by an Assistant Psychologist, they will help you to develop your practice and facilitation. You can find out more about them here: <https://www.ownmylifecourse.org/account/Reflection>

4

Time needed

There are 12 sessions in the Own My Life course and 6 sessions in the Own My Group sessions. For each session you will need:

- ▶ 30 minutes preparation before the session.
- ▶ 2 hours to deliver the session,
- ▶ 30 minutes debrief after the session.
- ▶ 1 - 2 hours per week to do either a text or call check in with each participant and manage any disclosures or increases in risk that emerge throughout the course.