**Fig 2 The Pathway of enhanced self-realisation through learning together.**

Understanding

Of self and others.

Self-realisation

The pathway enables a combined learning of self-realisation and a reactivated level of motivation and change.

Behaviour change through process of group learning

Motivation to Change

Benchmarking and validation through comparison.

Removing isolation.

Sharing and comparing experiences.

Storytelling

Bringing individual stories of living with LTCs into a group.

Understanding and realisation of self and benchmarking against others.