

Group Facilitation

Preparation (Questions to ask yourself)

Is it appropriate?

- People
 - Age
 - Number
 - Interest
- Space
- Safety
- Knowledgeable or comfortable
- Passionate/Interested
- Resources
- Time
 - Length of time
 - Time of day
 - Time in the group process

What materials do you need?

When will things happen? How long will it take?

Practice

Talk it through

Take a few breaths

Starting

Welcome

Make sure people are ready.

Check-in

Overview

Don't Apologize

Confident

Interested.

Model - energy that you want.

Why you bring it.

Boundaries, rules, what's happening

(Do things that relieve tension in yourself or others)

If you notice things, don't be afraid to name it. Because it won't interrupt the flow)

Be nimble/flexible

Remain engaged. In charge but not controlling.

Ending

End on a high note

Be deliberate

Give warning

Thank people

Feedback/ Reflect/debrief

What went well?

What could be different next time?

Options.