

Facilitate a group!

Learn a powerful tool for leading teams, such as when running team sessions, or be able to run your own groups, using key skills that foster awareness, personal responsibility, growth and change. Facilitation is an art, which when well executed, enables major realisations within those who participate. Facilitation is not about “doing things” but a way of serving, being with people, attending to them, asking effective questions and setting up processes that encourages ownership and empowers others.

Who is this for?

This highly experiential workshop is for people who wish to use facilitation skills with groups, for example when leading training sessions in organisational settings, training people in counselling or therapeutic skills, leading personal development groups, or running meetings, focus groups, conflict resolution and other group activities. It can be a way of expanding your range of leadership skills.

The training

The workshop will show you how to:

- Understand and apply facilitative skills when leading groups
- Plan and structure a facilitative programme and ensure safety
- Develop a sense of what is happening in a group, of “group process”
- Enhance your self-awareness as a leader
- Develop the key qualities of a facilitator
- Work with burning issues
- Know what can be destructive of good facilitation

The day will provide a balance between information, experiential activities and some facilitative practice by members of the group. You will come away with a burning desire to try it out and make a difference for others!