



Facilitating with Love: Creating safe spaces for genuine conversations (Valentines Special Session)

Group 1: Love Languages in Facilitation

Q. How Do you show love during facilitation in person or virtually

In-person:

- Respecting the culture of my participant groups
- Building rapport to build a connect
- Try to be present
- Allowing people the space to share - may or may not want to
- Show up before time and welcome them
- Make them comfortable with the space
- Offering help and support without being intrusive

Virtual

- Included in the discussion
- Smile, welcome, address them by their names, call for volunteers
- Building rapport to build a connect
- Allowing them the space to just be in the session

Group 2: Love Languages in Facilitation

Q. How Do you show love during facilitation in person or virtually

- Respect the culture, religion and the place of the participants (it makes people feel included)
- Setting ground rules collectively or in a participatory way
- Showing gratitude when people are sharing contributions
- Being consistent in how you treat and respond to participants
- Quality of presence (giving the participants your full attention)
- Active listening
- Using language and knowledge of the participants or where they are coming from

Group 3: Love Languages in Facilitation

Q. How Do you show love during facilitation in person or virtually

Smiles
Recognition
Psychological safety
Follow up with appreciation note (Individual)
Celebrate contributions
Clapping hands, applaud
Use of names



Breakout groups
Use of interactive tools - polls
Music & dance

Group 4: Love Languages in Facilitation

Q. How Do you show love during facilitation in person or virtually

- Love = Respect, e.g. listening to someone and showing them respect / love
- Treating people with respect and with equity
- Making sure that you give equal opportunity to all participants - all inclusive
- Engaging with your co-facilitator(s) in a meaningful way - being willing to take risks but show them respect always
- Giving feedback in a respectful way that shows love and care - e.g. not exposing your colleague in front of participants

Group 5: Love Languages in Facilitation

Q. How Do you show love during facilitation in person or virtually

IN PERSON

- Using good body language and eye contact
- Making introvert people participate
- We need to consider that some participants may have a bad day
- We need to look at the bigger picture .

VIRTUALLY

- Facial expressions . Use of hands.
- Interactivity . Using Technology and all the features that the platform offers - Like Polls, chat break out rooms . Is also a form of showing love
- The way we prepare and design the program is also a form of love