CAIRO FOUNDATIONS OF SUPPORT GROUP FACILITATION WEBINAR – PRE-TRAINING EXERCISE

Experiential Exercise and Reflective Writing
Attend a group/meeting and write about your experience. You can copy and paste this exercise and record for the purpose of your own growth. You do not need to submit or share your responses.

If you are new to support group development and facilitation this section is intended to provide an experiential activity and reflection questions to prepare you for the group experience. Locating and attending a group can provide insight into logistical factors as you develop your own group. Furthermore, being a member or visitor of a group will help you empathize with your group member's experience.

- **ATTEND A GROUP AS A MEMBER OR AS A VISITOR**

  If you have an interest or your own need for support, find a relevant support group and attend as a member. Examples might include a caregiver support group, mindfulness and meditation, etc. If you have attended a group in the past and the experience is still fresh, then go to the reflection questions below.
  OR
  Find a local group that has open attendance and allows visitors. Inform the facilitator that you are developing your own support group and ask permission to sit in for at least two meetings. Follow the rules of the group and be sure to maintain confidentiality.

  If you are unable to attend a group, you can reflect on an experience you have had with attending a meeting or serving on a committee.

  REFLECTION QUESTIONS
  After attending as a member or as a visitor write about your experience. Consider the following questions:

  Was it easy to find a group to attend?

  Did you have a clear understanding of the purpose of the group?

  What barriers did you have to overcome to attend the group?

  If you spoke with the facilitator prior to attending, how did this affect your experience?

  Was the time and meeting space convenient?

  Were you given directions and was the location easy to find?

  If the group or meeting was held virtually how did the facilitator handle video being on or off, use of the chat, etc.?

How did it feel to be a new member?

How did you demonstrate good listening skills for fellow members?

What factors increased your comfort in sharing or introducing yourself?

What qualities did the facilitator demonstrate that made you comfortable or uncomfortable?

How will your experience inform the development and facilitation of your support group?