



HOW TO FACILITATE AN EXERCISE

- * Evaluate needs of the group.
- * Select an appropriate exercise that will challenge your group.
- * Examine your teambuilder to determine needed supplies, rooms requirements and other variables.
- * Think through the teambuilder and consider potential problems or pitfalls.
- * Introduce the teambuilder fully and be sure to explain the advantages/goals of the group.
- * Observe individual participation and involvement during the exercise
- * Make mental notes of individuals that may be experiencing discomfort or are not participating.
- * Follow up the exercise with discussion. This is the most valuable part of the exercise and may reveal thoughts and feelings never expressed before.
- * Offer group members the opportunity to evaluate the exercise in a constructive manner.
- * Evaluate the experience yourself and keep notes for future reference.

Six Rules for Group Activities

GROUP FACILITATOR

1. Be sensitive to the needs of the group
2. Listen to constructive criticism
3. Confront problems and difficulties
4. Be supportive
5. Encourage and Empower group members willing to take risks
6. Continually evaluate progress of group and self

GROUP MEMBER

1. Be open with the group
2. Communicate
3. Listen to others
4. Cooperate
5. Try new things and be
6. Challenge yourself and other group members