

Living Smart Facilitators Meeting

1-3 pm, July 24, 2008

City of Fremantle Committee Room

Present: Ivy, Sparkles, Rob, Katherine, Jade, Libby, Joy, Shani, Tim, Paul, Natalie, Gary, Lisa, Talia, Stephanie, Isabella

Reports

Shani and Tim – The Meeting Place (Autumn term)

7 weeks less rushed

Intro session – Goals/Simple Living/waste

Gardening visit to Maggie Lilith's garden; Sparkles facilitated Healthy Homes

Biggest turnout for field trip

Held 11-1 on Saturdays; Weekend group seemed to be more refreshed, more working couples

Enthusiastic group – many taking actions such as putting PV on roof

Meeting Place better venue than café – quieter

Neighbours course – participants maybe came along because they were neighbours rather than interested in course

Ongoing connections

Team facilitation working well – Tim set up and Shani greeted people

Emailed people mid-week to give reminders and thanks

Steph and Talia – Joondalup

35 people enrolled, only 19 turned up on first night -> phone call beforehand could have helped

Ask for permission to develop email list once relationships have developed -> some people were reluctant to get emails

Field trip 2 weeks after end of course was a little late, aiming for a mid-course field trip in the next course to provide some social time early in the course

Some people responded to rewards, others just wanted to share and were motivated by others

Make time for goal-setting before the end of the session

Libby Burgess and Steph - Kwinana

Good, stable attendances

Combining food and health topics worked well with Graeme Henderson

Excursions

Joondalup garden visit popular but ideal for learning as garden already established so no chance to work on it

Mosman Park garden visits popular

Top Ten Facilitation Tips – Presentation by Gary Warden

1. Start with "What do I want to achieve?"
2. Powerpoint free zone – use carefully and mostly images
3. Multi-sensory/interactive
4. Paper banking – sticky flipcharts for visual history
5. Ask questions
6. Be a time cop – leave time at the end for things like goal-setting
7. Double Time, Halve Content

8. Goldilocks room
9. Use lifelines (for questions you don't know the answer to) – ask audience, co-facilitate, phone a friend
10. Make things easy for yourself and participants

Course Follow Up

Sparkles raised issue of lack of follow up after course

Shani – Fremantle groups still meeting, maybe Perth-wide events

Joy – 2 follow-ups being planned in Mosman Park: Story of Stuff and season of green movies at Camelot

Partners Update

Peter Dingle is underaking an update and re-format of the Living Smart Action Guide to allow local content and remove WA-specific data.

Grant from Lotteries being developed to support expansion of the program

Feedback for Planning of Training Day

What was most difficult when starting the first course?

Time Management

Technology

Venue

Difficult/Dominant people

Difficult questions

Engaging people

Large groups

Attendance

First Week

Guest Speakers

Goal setting;

What helped?

Having participated in LS course

Being a guest presenter once before facilitating a course

Previous experience in talking to people

Talking to other facilitators

Co-facilitation

Friendly first group

Debriefing

Celebrating

Knowing information well

Do goal-setting at start, share different strategies

Signal to guest speakers when they need to finish

Wiki for information sharing

ACF Green House Guide

Next Meeting: 1-3 pm, Thursday, October 16, 2008 in the Reception Room, City of Fremantle Administration Building