**The First Fifteen Minutes**

**Different ways to share goals at the beginning of your session**

We have tried various ways to share and celebrate goals met at the beginning of each week. Our goal is to get each person to share with at least one other person and have 5-6 examples shared with the bigger group, all within our time limit of 15 minutes. (start on time even if not everyone is there!) We try to do something different each week.

We only use small prizes and try to get things people would want anyway. We always say “if you don’t want it – give it back”. We use lots of garden produce, jams Shani has made, and encourage people to bring in prizes to share. We try and link prizes to the topic from the week before (e.g. microfiber cleaning cloths after healthy home) and we always link a prize with a big clap! Other facilitators are going off the idea of prizes altogether – it is up to you and what matches your facilitation style.

Here are some ideas to get the sharing going. We recommend starting with “less confronting” methods

1) Use playing cards get people into **pairs** to share their goals from week before. In the bigger group people share what they did OR what their partner did.

2) Give each table group some **raffle tickets** (ie 2-3 per person) the table listens to each person and what they did and distributes the raffle tickets. Draw out numbers who report and win a prize.

3) **321 or Triad listening** - get participants into groups of three. Each person talks for two minutes about what they did in the past week (it is really important that you time for each person!) and the others just listen. After all have shared the group gets one minute to decide on one person to report to the big group about. They get a prize!

4) **Snowball** - get everyone to write down one thing they did or what they have done they are most proud of since starting the course (this is good about half way through) They scrunch up their note and throw it to someone else (you have a bit of a snowball fight that happens - chaos for a while) until everyone has someone else's note. Or you can make paper planes! Each person reads the note they have and the group can chant out "prize, prize" if they think it deserves a prize - then that person has to identify themselves and collect a prize.

5) **Use coloured pens** (ie two orange, two blue) to get into groups of two, share what did with their partner. Get each person to be A or B. For each group call out A or B and they have to share what their partner did. Give prize to each pair and they have to decide who gets it.

6).**Alphabetical line**. Write down one word to describe how you felt after last week. Line up in a line alphabetically based your word. Divide group up into threes in the line. Get them to share their word, why they chose it and what they have been up to. This is a good one for the week after a "heavy" session – e.g. peak oil

7) **Mood line**- line to get people to line up "how sustainable is your life in relation to "topic" from the week before - e.g. waste. People who feel really sustainable to one end, less sustainable the other. People have to discuss with those on either side of them to make sure you are in the right spot. Pair up (this is good as it means people share with someone at a similar stage to them) and share progress and goals.

8) **Speed Bragging or Circle Share** Get people to pair up and then face each other in either a circle or line (I have found groups of adults seem to have trouble with the circle) you end up with two circles - one inner and one outer) One side speaks with the other only listening for one minute. Then you move people along the group (ie move three people to your left) and the other side shares and the other side listens (so you tell and listen to different people) I usually repeat once so each person has shared a plan with two people and heard two other people's plans This is very noisy but the fastest way to get a group going I know - two sharing and two listening in 5 minutes. You can add to it by getting them to share their achievement and the achievement they heard about.

9) **Tunnel of Love**. Create a line of people facing each other. People nominate themselves or someone else to walk down the line while everyone claps and says encouraging things. (this will not suit all participants or all facilitators!)

**The Last Fifteen Minutes**

**What about setting goals those goals?**

1) **Coaching Session**. Get people to work on a goal or a plan and then when they are done get them to put their hand up and match with someone else with their hand up to share goals. This works well because the "active" people pair up first and those more reflective types can spend more time writing. Next week you pair up with your goal buddy.

2) **321Reflection** three things I learnt, two insights I had and one thing I plan to do. This is a great strategy after a guest speaker.

3) **Two Stars and a Wish** is a good one since it recognises and rewards what they already do as well.

4) **Interview** each other in pairs, report to table group what your partner is planning to do (this is faster than each person reporting themselves, they get to share with one person first and it is nice to hear someone talk about you)

5) Through the session get people to note things they "might be able to do one day “and then get them to choose one to focus on. You could use this list. - 1. **Things I heard that I already do - yah! 2. Things I heard about that I could try one day 3. One thing I am going to do** . . . .

6) Sometimes it is good to acknowledge the **barriers to achieving a goal** (we use this especially in transport) E.g. people choose one area they are interested in, then write down all the barriers stopping them from doing it. Together with a participant coach, they see if they can find solutions and then set a goal for the next week.

CAN YOU ADD TO THIS LIST???? If yes send it to the Living Smart Coordinator on

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