

GROUP REFLECTION SESSION

Instructions for Group Facilitators

1. Invite a group member to read out the group guidelines.
2. Let people know how much time per person is available for each to share.
3. Explain that each person takes their turn to self-reflect by answering the five Sharing Questions, then passes the questions along when they have finished their reflection.
4. Pass the Sharing Questions below to the person who wants to start.
5. Help group members with keeping to time and upholding the group guidelines.

Group Guidelines

Group members agree to the following guidelines for safe sharing. Please respect and support the facilitator, who helps the group stick to the guidelines.

1. Allow each person to share in turn without interrupting, even to ask questions
2. No advice giving- each person is the expert of their own experience. Instead of advice, you can share examples from your experience or ideas on options
3. Equal air time
4. Mobile phones off/on silent and away
5. Give your full attention to the person speaking
6. Uphold the WAPSN values: Respect; Hope; Mutuality; Equality; Non-Judgment, Empathy
7. What is shared is confidential and remains within the group.

Sharing Questions

You can choose to talk about **[add something here that your group members have in common]** or any areas of your life that you would like to reflect on.

Q1. How am I feeling? (*Tip: name one or more emotions you have*)

Q2. What is happening for me at this time?

Q3. What would I like to have happen?

Q4. What is my way forwards? (*Tip: if unsure- what do I need?*)

Q5. Is there anything I would like from others in the group at this time?

(*Tip: Examples might include: acknowledgment, appreciation, understanding how others have managed this situation, ideas, feedback on strengths, ideas on options, others' reflections on similar experiences*)