

Group Facilitation – Cheat Sheet

| Techniques that encourage the sharing of information in a supportive fashion | Description | Example | Notes |
|--|--|--|-------|
| Open-ended questioning | Questions that elicit descriptive responses from participants | <i>“What did you learn through self-monitoring this week?”</i> | |
| Nonverbal Support | Nonverbal techniques used to support participants and create a comfortable environment | Good eye contact, affirmative head nod, appropriate facial expressions, relaxed body language, not interrupting participants | |
| Active Listening | A structured form of listening and responding that ensures that the speaker feels understood, acknowledges feelings and encourages further disclosure. | <i>“Sounds like you are struggling with finding a place where you feel safe taking a walk in the evening?”</i> | |
| Silence | Use of silence to draw out participation, more information, or clarification from a participant | <i>“Does anyone have any ideas on ways to fit in 20-30 minutes of physical activity?” Silence.....1,2,3,4,5,6,7,8,9,10</i> | |
| Techniques that encourage broader group participation | Description | Example | Notes |
| “Ping Pong” | Directing a response back a participant who has asked a question or made a statement, then engaging the group on the subject | <i>“Is there anything that would make the process of self-monitoring easier for you?” “Has anyone else found solutions?”</i> | |
| Cross Questioning | Directing a question from a participant to another person to respond | <i>“Iris, can you answer Dave’s question of what we mean by a healthy <u>way</u> of eating?”</i> | |
| Techniques for structuring group discussion | Description | Example | Notes |
| Carousel | An activity in which participants take turns responding to the same question | <i>“I’d like everyone to please name one success and one challenge you had with your physical activity goal this past week”</i> | |
| Sub Groups | Participants pair off or get in smaller groups to discuss an issue | <i>“Break up into groups of 2-3 to discuss what led you to join the National Diabetes Prevention Program.”</i> | |