



FACILITATION I: AN INTRODUCTION TO GROUP WORK

Description

This experiential one-day workshop introduces participants to the dynamics of group work. Individuals will examine core concepts related to group processes and gain knowledge of effective facilitation techniques. Individuals are encouraged to bring forward their own facilitation challenges for consideration.

Learning Objectives

Participants will:

- ✓ Have an understanding of 'stages' of group work;
- ✓ Know the benefits and challenges inherent in group work with specific clients;
- ✓ Understand the types and impacts of sabotaging group behaviours;
- ✓ Understand the importance of attending to both 'process' and 'content' elements;
- ✓ Be more self-aware with respect to personal facilitation aptitudes and style;
- ✓ Be familiar with the knowledge, skills and attitudes of a competent facilitator;
- ✓ Be prepared to participate in a facilitation practicum.

This introduction to Group Facilitation addresses the following Competency of the National Standards and Guidelines for Career Development Practitioners:

SSC2.1.1 *Describe the principles of group facilitation*
(Specialization Area S2, Facilitated and Individual Group Learning)