Using ourselves to facilitate

1. Using ourselves to facilitate

This resource covers:

- what facilitation is
- the core values and skills of facilitation and their link with the values and skills that underpin health and social services
- how we can use and develop our best asset, namely ourselves.

What is facilitation?

Facilitation can happen whenever a group are being led to achieve outcomes and can range from managing pre organised sessions where the facilitator plans and designs the content to less formal situations where someone takes on the role of facilitating a group conversation. Good facilitation allows all participants in a group to feel connected, engaged, fulfilled, and responsible for successful outcomes. To achieve this, facilitation requires a skilful blend of art and science, balancing awareness of the energy, needs and personalities in the group with the application of structured, pre-planned exercises. As a facilitator, you will draw on your own skills, strengths and individual characteristics, and use these to support others in the group to reach their common goals.

Pause for reflection: Exercise 1

Bring to mind an experience of a meeting or group where you left feeling a sense of achievement and inclusion. Allow yourself to envisage the experience as clearly as possible.

- What do you see?
- What do you hear?
- What can you touch?
- How do you feel?
- What else do you notice?

From your observations, what did the facilitator do to support such a positive experience?

The details you noticed in Exercise 1 will demonstrate some, many, or all of the skills, values and methods used by someone when they facilitate well.