

a place to share, a place to be

Everyone has the opportunity to share what is on their hearts for about 20 minutes, in a small group of maximum 5 people. The other people in the group take the time to listen and understand.

A. Preparation

1) Divide people into small groups

How many people are there? Do they know each other? Divide people into small groups of max 5 people per group. It does not matter when people know each other in a group or not.

2. What would you like to know about each other?

For example: Would you like to improve the relationship between husband and wife, or parents and children? Or: what can you do to get more self confident personally or at work?

3. What is the subject you want to talk about?

For example: What is your way of keeping fit and healthy? Where would you like to be in 10 year’s time and what would you do to achieve that? How do you want a change in your working situation or your situation at home? What do you regret and what are you proud of right now?

B. Conversation

To listen when someone else is speaking is a gift to the person who speaks. It could help for the group to decide beforehand who starts and who is keeping account of the time by using a watch for example. It is helpful when the group receives a signal so that the one who shares can finish his part. Turn off mobile phones.

Attitude: it could be helpful when you sit on chairs, sit up straight with open arms instead of crossed arms. Place chairs behind a table or in a circle or V-formation. Look the speaker in the eyes, express interest in what he shares, give him your trust and attention. Be aware of things that might distract you and put them away.

In an ideal situation people would not need to interrupt the one who shares. Just in case the speaker feels uncomfortable or finds it difficult to share, you can ask questions to help the speaker, such as:   
- continue to talk about what the speaker shared and use open questions like who, what, how, why and where?

- reflect on the non-verbal behaviour and ask the speaker about it, like: “how do you feel?”

- summarize what the speaker shared in order to check how you received what he has told.

- ask the speaker whether what you feel you have heard is also what he meant to say, like: “so, do you mean... “

C. Tips that might be helpful:

Watch out for questions in which you suggest your opinion.

Do not give advice.

Keep to the subject you share.

Try to make it comfortable for the one who shares.

Be interested.