

Workshop Script (Final)

Team 55378008
Christian Youth Group

0. Introduction

- Introduce the group
 - Tell them how long the workshop will take
 - Ask if we can record the workshop
 - Check for additional questions
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1. Giants & Dwarves

Role: Icebreaker

- With this phase we want to reduce the distance between us and the group members
- We also want to shake up the group – get them thinking actively so they'll participate later.

Outline:

Each person is given a chair. The facilitator calls out keywords and the participants respond accordingly:

Giants: All participants should stand up

Dwarves: All participants should sit down

The facilitator should sit down or stand up in a pattern designed to confuse participant responses. For example, sitting down and saying "Giants" or standing up and saying "Dwarves".

2. Interview Phase

Role: Facilitated discussion

- This is a semi-structured interview. Please delve deeper and get more info.

Outline:

- Tell us something about your meetings. What do you do?
 - What makes your group different from others?
 - What does your group value?
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3. One Sentence Story

Role: Wishing/Dreaming Phase

- The goal is to trigger their creativity and get them thinking on the topic.
- Based on how well this activity goes, we can do it numerous times to kind of get their imagination and creativity going
- This activity may also need to be timed

Outline:

Participants arrange themselves in a circle. Choose a rotation direction. The group will tell a story in turns. Each person adds one sentence to the story on their turn.

The facilitator starts the story with this phrase:

Your friend Michael seemed distant lately.

Rules:

1. Only one sentence per turn. Participants will be tempted to create run on sentences, but this prevents others from sharing their ideas. They can add more on their next turn.
2. Participants cannot negate the last sentence. If a person says something happened - that thing happened. The goal is to reduce the crushing of ideas. If all members like the change, roll with it.

No other rules exist. Absurd stories are common and encouraged - they help fuel the creative drive with levity.

4. Scenarios

Role: Reflective Phase

- Allow the group to reflect on existing conventions
- Bring group members back on track if the One sentence story got too wild
- We want to see what they do right now, and what their opinions are right now.
- Encourage members to act it out: this shows us how close the group is, and the level of trust/honesty present

Outline:

Depending on how well the one sentence story went, choose from one of the following:

If the one sentence story went well:

We build on its success by asking the group how they would respond to their imagined Michael situation. What would they do to resolve the problem?

If the one sentence story went poorly:

Provide some scenarios for them to work through:

1. One of the members in your group is an alcoholic. He or she doesn't feel comfortable discussing this in the group but feels that he or she need some sort of help, some sort of input to help him or her out of this situation. How could you make some sort of a medium that would help you communicate with him or her to resolve the problem without making anyone uncomfortable?
2. One of the members in your group has a parent that was admitted into intensive care unit at the local hospital the night before the meeting. He or she doesn't feel comfortable discussing this in the group but feels that he or she needs to let this out and get some sort of help getting through this difficult time. You can see that something is bothering him or her, how would you approach them without being too intrusive. Can you think of a medium that would help you communicate with that person without making them uncomfortable?
 - a. Encourage group members to find solutions "in the moment"
 - b. This exercise is highly variable depending on the personalities involved
3. One of your new members is looking for a new job (some stressful situation, rent increases, part time job is not paying enough, and etc), but he or she doesn't want to be too intrusive and doesn't want to bring it up during the meeting. Imagine you are that person. Can you think of ways/things that might help you be heard in the group without necessarily making the group a job bulletin board?
 - a. Establish their perspective well. Who is each person playing?
 - b. You may need to do some acting yourself to give them a push

In either case, after the group has worked out their responses, check in with them, and see what they felt going through the exercise.

5. Magical Item

Role: Design/Creation Phase

Allow the participants to become designers.

- Bring paper and pens so they can put their imaginations somewhere
- Based on their own creative process, some people may find it easier to draw things out, write out words
- May also want to think about bringing objects in, and saying they can refine it in any way they want so that it can reduce awkwardness
- Give examples to each of them, and how they would possibly change it

Outline:

Ask them this question:

Michael's problem(s) made you feel <insert emotions here>. Now then, imagine you had a magical item that would help improve things. What would it look like, feel like? What would it DO to actually improve the situation?

End