

## **Making Groupwork More Effective & Developing Facilitation Skills *Information Sheet***

These courses have been successfully delivered through the Health Improvement Training Programme for a number of years and the demand for places on the courses continues to be high.

As part of Community and Learning Development, Training for Trainers course was developed, incorporating both Making Groupwork More Effective & Developing Facilitation Skills.

We will be delivering Training for Trainers course for 12 applicants, encouraging them to build capacity throughout Fife, both through the Health Improvement Training Programme and their own workplaces.

### *Making Groupwork More Effective*

The aim is:

- To enable participants to increase knowledge, skills and confidence in facilitation of groups.

The course focuses on:

- Exploring a variety of factors that make a successful group.
- Looking at several frameworks and models to give a better understanding how groups work and how individuals learn.
- Experiencing a number of groupwork tools and techniques in action.
- Troubleshooting challenging situations.
- Facilitating a good ending and evaluating the effectiveness of own groups.

### *Developing Facilitation Skills*

The aim is:

- To enable participants to explore the desirable skills and qualities required by a facilitator.

The course focuses on:

- What facilitation means and the role of the facilitator.
- Exploring how attitudes and values impact on facilitation.
- Identifying personal strengths and areas for development as a facilitator.
- Experiencing a number of facilitation tools in action and considering how to select the appropriate tool for the task.
- Planning a short facilitation session and developing a design template.

For further information, please contact Evelyn Wilson, Senior Health Promotion Officer – Training at Health Promotion Fife on 01592 226 514 or [evelynwilson@nhs.net](mailto:evelynwilson@nhs.net)