SUGGESTIONS TO ENHANCE YOUR SKILL GROUP LEARNING

Adapted from "Skill Group Empowerment Manual", by Ron Short

1. Participate in the group; try to understand how your participation affects the others in your group.

2. Be aware of what is going on inside if you.

3. Practice being open and share your "here and now" thoughts, feelings, and wants or intentions.

4. Give, receive, and ask for feedback from other members of the group and your observer partner.

5. The goal here is not to change others or be changed by others. Your goal is to share information, increase informed choice, and thereby change relationships.

6. It is helpful to enter the skill group experience with a learning attitude.

7. Express yourself, but then learn from others about the impact on them.

8. Take responsibility for your behavior and your learning opportunity.