What is a skill group?
Adapted from “Skill Group Empowerment Manual”, Ron Short

• What is a skill group?
  • A small group without a designated leader.
  • A group that does whatever it chooses to do within the context of the assigned task.
  • A small group where the task is to learn and practice the skills of identifying and communicating your experience.

What isn't it?
  • A therapy group... (where you get "shrunk" by the instructor).
  • A share your "dirty laundry" group... (where you let it all "hang out").

Why should I participate in a skill group?
  • To learn about groups.
  • To learn how to help all groups you participate in become more effective.
  • To learn the skills of learning from your experience with people, i.e.,
    • How to identify your experience, and
    • How to communicate your experience.
    • How to clearly get your intended meaning across to others.
  • To learn about yourself, i.e.
    • How you tend to communicate (manner, style, etc.), and
    • How others experience you, and
    • How you create your experience, the stuff that makes you uniquely yourself.
  • To learn the skill of making more informed choices in-groups.
  • Finally, as a result, to be more empowered in all groups.