



LEADING GROUPS IN PRAYER

GROUP DYNAMICS

Aims of the session:

- To explore group dynamics
- To identify helps and challenges in managing a group

PARTICIPANT CONCERNS

- What will the sessions be like?
- What do I have in common with the other participants?
- How am I different from other people here?
- Will I be accepted or excluded in the group?
- Will this be worth the effort?
- What risks might I have to take?
- Will I be put under pressure in some way?
- Who is really the leader in this group?

PARTICIPANT FEARS

- I might look stupid
- I might not be able to answer the questions
- Everyone else knows more than I do
- I might be asked to share and get embarrassed
- Others might tell I'm nervous and afraid
- Nobody will talk to me and I'll withdraw
- I might be asked to do something I don't want to do
- Others won't like me
- I might share too much too quickly

What might participation look like?

- Are you teaching? Do you need to know that everyone understands?
- Is it a retreat, or prayer time?
- Are you having break out groups – are they listening or discussion groups

Monitoring the group

- Head nodding, facial expressions
- Body shifts
- Eye contact
- Speed of engaging with task / question
- 'I don't understand'
- Questioning the purpose of a task

What might challenging behaviour look like?

- Someone talking too much
- Disruptive behaviour
- Listening groups – very important

Managing challenging behaviour

Someone talking too much

- Listen, summarise, show you have heard
- Ignore their hand!
- Ask 'Are there others who would like to say something?'
- 'Could we hear from someone who hasn't shared yet?'



"We have time for just one long-winded, self-indulgent question that relates to nothing we've been talking about."

Managing challenging behaviour

Disruptive

- How will you deal with latecomers
- Intentionally ignore unhelpful behaviour
- Revisit group guidelines
- Focus on them 'I can see you feel strongly, but we need to move on'
- Address privately with the individual

Managing challenging behaviour

Listening groups

- Clear rules before you break into groups
- Enter groups in the right spirit e.g. not straight after a coffee break
- Give guiding questions

Prevention is better than cure!

Pre-empt what people might need to know early on

Consider when and how people share

Consider transitions in the day to maintain the safe space

Build in some flexibility to the programme



**KEEP
CALM
GOD
IS IN
CONTROL**