



PYE Third Thursday Assembly  
February 15, 2018

\*[Nadia Chaney](#)

Dear 3rd Thursday Assemblers! Welcome back, or, if it's your first time WELCOME! This is an exciting format we have been developing where people contribute and discuss a niche aspect of group facilitation. PLEASE NOTE: THE FORMAT IS SLIGHTLY DIFFERENT TODAY. We're going to try to create a checklist together that can be useful to us and others in our work. Instead of case studies, we will be co-creating this document in two stages.

Below you will find: A Check-in Question (please answer!); Goals and Agreements for today's session (hit "like" to agree to uphold these agreements during the session); 6 Discussion Questions, a Checklist Draft, and a Checklist Final. The Draft and Final will be open throughout the session. Anytime you want to you can add an item to the Draft and after some discussion it can be moved to the Final by anyone. It doesn't matter if the Final isn't perfect or if it has contradictions! Let it flow! This format is an experiment, so feel free to message me if it isn't working.

I will be facilitating this experience for 90 minutes. There will be a pdf transcript posted on the [www.pyeglobal.org](http://www.pyeglobal.org) website, as well as the files of this facebook page, in a short while. These transcripts are so great we're thinking of making a book out of them!

This month we are discussing AFTER MATH : What to do after facilitating an event

We spend a lot of time preparing and delivering facilitated events. After the event there are also important steps to take, but we may find ourselves wanting to let go or move on ... especially if the event has been stressful or we have a lot of other responsibilities. In today's Assembly we will discuss that after-time and work together to create a post-event checklist.



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Check-in Question for Feb 15, 2018: Describe yourself today as something that produces light. Describe the quality of the light. (Pls note, the session format is different today. See pinned post for details.)

[Nesreen Ali](#) a really bright centre, that's blinking on and off.

[Nadia Chaney](#) Hi Nesreen!

[Nadia Chaney](#) That's beautiful.

[Nadia Chaney](#) I'm soft snow glinting with sunlight in the morning. Twinkly, fresh.

[Hatem El Wakeel](#) A gas lamp, brighting more and less by a copper key .

[Nadia Chaney](#) Welcome, Hatem!

[Hatem El Wakeel](#) Thank you my dear 😊😊

[Barb Applepieski](#) A string of patio lights mixed with fireflies... Soft glow mixed with little sparks of light...

[Nadia Chaney](#) Thanks so much for chiming in Barb!! We ended early today...hoping to luck this one up again in the future

[Zoe Osanna](#) A crescent moon peeking through the clouds on a starry night



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Goals and Agreements for this session on Feb 15 2018

- 1) To deepen our sense of what happens after a facilitated event
- 2) To understand how to take care of ourselves after facilitating
- 3) To learn how to attend to relationships after an event
- 4) To increase our options and choices as facilitators
- 5) To support each other's learning and have meaningful fun!

In order to achieve these, here are some suggestions for COMMUNITY AGREEMENTS to make our time together flow really well. Be sure to add what you need or want AT ANY TIME DURING THE PROCESS. Let the group know or privately message the facilitator if you are concerned that an agreement is being broken. ((NOTE: THE FORMAT IS DIFFERENT TODAY))

- 1) No put downs of self or others. Keep a positive, lift-up vibe. If the facilitator finds your comments aggressive or inappropriate in any way you will receive a personal message.
- 2) Be willing to entertain simultaneous truths. Rather than proving a point, try to listen to understand, and be willing to agree to disagree. At the same time, if you have a strong belief be willing to stand up for it. This will make our conversations rich!
- 3) Show your presence, by LIKING and by responding to keep the flow. Ask questions, make comments, connect. The technical trick for this format is to REFRESH your browser fairly often. The questions move around depending on how many people are answering, so please scan the whole page for new questions now and then.



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- 4) Maintain CONFIDENTIALITY by not sharing names or personal information about the participants in your groups, sharing from your own perspective, and asking permission before sharing someone else's story.
- 5) Answer any questions in the COMMENTS below the question to keep the conversation organized and readable. Only open NEW questions in new threads.
- 6) You can come and go as you please, take as long as you like to respond, and basically enjoy the text-format to make this work no matter whether you are just waking up, just going to bed, or on your lunch break (time zones unite!!) A pdf transcript of the conversation will be provided. Feel free to continue the conversation even after the 90 minute period has ended.

**\*[Nadia Chaney](#)**

Discussion Question #1: How do you tend to feel and act after an event that goes very well?

[Nesreen Ali](#) Like you are floating and your brain has used all of its good juices. You can't quite come down from the "high" and you are usually grinning from ear to ear so your cheeks hurt. Once you come down you are exhausted.

[Nadia Chaney](#) This is a such an evocative description! What actions do you tend to take after a session like this?

[Nesreen Ali](#) sleeping! i tend to be able to do evaluations to see how things go, so once I am ready I can figure out what worked and why.



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[Nesreen Ali](#) also eating! i think that's really important. and watching a funny tv show can help.

[Nadia Chaney](#) I love these. I posted a thread for a draft of our checklist. Could we add: sleeping, eating, and other ways to come down from the high of a great session. And separately we could add evaluations...

[Nadia Chaney](#) Had an interesting discussion after a session last weekend, talking about WHEN we tend to read evaluations. I don't like to read them right away, do you?

[Nadia Chaney](#) Also wondering what you think it is about TV that helps you, specifically

[Nesreen Ali](#) Nadia Chaney It's mainly that it's absurd. And often it's something that's supposed to entertain you. As a facilitator you take on a lot of responsibility for caring for a group of people, like a teacher would for example, it's nice to indulge in being entertained.

[Nadia Chaney](#) Nesreen Ali Love that! I really like the idea of turning to something absurd or silly in order to relax some of the burden of responsibility that is such a big part of a lot of facilitation work

[Barb Applepieski](#) I love watching movies afterwards...or reading a book.it is so nice to be entertained!

[Hatem El Wakeel](#) I feel satisfied, proud and thankful for all the gifts I received from the eyes and mouths of the participants, I feel grateful for my mentors who supported me to be on this image between the group, also I feel very quite from inside .

[Nadia Chaney](#) That's beautiful, Hatem. I can relate to that quiet feeling after doing a good job. What are some of the actions that you might take after such a session?

[Barb Applepieski](#) Energized...excited...grateful...hopeful...grounded

[Zoe Osanna](#) I often feel really inspired after a really great session and I get warm fuzzies



\*[Nadia Chaney](#)

Discussion Question #2: How do you tend to feel and act after an event does not go as well as you hoped?

[Nesreen Ali](#) I feel in between different and defeated. Especially when you as a facilitator meticulously plan an event to be inclusive, and empowering. When something happens like a group of people are triggered or upset, you cannot control their reactions but you can mitigate how the situation impacts them by using your facilitation skills to see the "big picture" and ensure safety. This happens very rarely for me, because I tend to pivot as much as possible to ensure the event brings value to the participants, and myself. For example, I was hosting an online Ask Me Anything and I was waiting for questions. I had a short window to have some experts on hand help in answering the questions, so I just pivoted and started asking my friends to post questions to the topic. As a result we increased traffic to the website 10 fold, and got some amazing questions about racism. My colleagues/experts really liked the process and learned something. Had I stayed focus on the way the process SHOULD have unfolded I would have not enjoyed what DID unfold, and the glow of pride my colleagues had after sharing their brilliant minds.

[Nadia Chaney](#) Wow, thank you for sharing this Nesreen. This is a great example of what to do during a session that isn't going well...can you also tell me more about what you do after things don't go as you planned?

[Nesreen Ali](#) In situations where things don't go as planned you do the same as when things go as planned. Relax, reflect and discuss how to improve it next time. You begin to understand your "clients" or participants better for sure, and you can use this information to design experiences for them in the future that are more welcoming, inclusive and productive.

[Nadia Chaney](#) That makes a lot of sense. For me, sometimes, I need a little extra support. When something doesn't go well I usually need to reach out to someone to talk it all over with. I also tend to need a little more journaling and processing on my own.

[Barb Applepieski](#) I used to get very dejected and exhausted but I find that by debriefing with a co facilitator or friend I'm brought back to myself. The important thing is to remind myself of my intentions, what I did well, and what i learned for next time.



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[Zoe Osanna](#) When it doesn't work out as I intended it to, I immediately go into one of two modes.. one I feel super bummed and incompetent and start to get heady about it and think of how I could have done 'better' or I shrug it off and say 'those kids probably had too much candy' and I deflect responsibility. If I'm really conscious of what I'm doing I take a breath and reflect on what was going on for me when that was happening.

[Nadia Chaney](#) I have to make a little personal comment.! When Nesreen Ali and Hatem El Wakeel were the only ones who made it to the Third Thurs this month I felt ashamed because I knew I hadn't done the outreach that I normally do. I also felt very grateful to those two! And disappointed that we wouldn't be able to experiment with a new process. Through the day I've witnessed myself go through a (mild) rollercoaster of feelings, landing on self-forgiveness and a renewed commitment to taking responsibility for this space.

[Hatem El Wakeel](#) Dear Nadia, I say the truth when I say that your power and persistence are really inspiring us to continue this work in facilitation, to keep humble and to feel belonging to a cosmopolitan family of humanity. Keep going, may be only one word or an idea you tell online or on life could change many lives forever. All respect.

[Padmaja Nagarur](#) The good part of facilitation is how it allows you to be open about the outcomes. In itself lies acceptance from the start, doesn't it! But yep. There are days when I do feel duh and indulge in some good food to normalize. 😊

**\*[Nadia Chaney](#)**

Discussion Question #3: What is your ideal self care routine after an event?

[Nesreen Ali](#) Well first it's really nice to have a meal, and a beer maybe. It's also really love to just ground with people you love. Whether it's going for a walk or cuddling, I really enjoy being just a human after sharing space with so many people. It brings you back down to why you entered into a facilitation to begin with.



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[Nesreen Ali](#) I also do a newsletter on mental wellness, and one of the features we did was on selfcare strategies: <https://us12.campaign-archive.com/...> folks may find the resources interesting. Also sign up for the newsletter, this month's feature will be on black history!

[DJ Melatonin Takes over Radical Wellness for March!](#) 🌟  
[us12.campaign-archive.com](https://us12.campaign-archive.com)

[Nadia Chaney](#) This is so amazing. I have to admit, post-show self care is NOT my strong suit. I tend to just wander around my house in my pyjamas for a day. But somehow that untangles me.

[Nesreen Ali](#) you do you nadia!

[Patty Tee](#) If possible, I won't have any more work scheduled for the day. Nothing I need to be responsible for. I'll do something active (outdoors preferred), or something that allows me to feel very much in-my-body (e.g. a sauna).

[Nadia Chaney](#) Took me forever to learn this lesson lol, about not scheduling anything the next day!

[Barb Applepieski](#) STILL learning this lesson!!! 2 hrs of work the next day...max.

[Barb Applepieski](#) Good food, movie, book, clean the house 😊

[Zoe Osanna](#) Ideal self care is taking a walk in the forest and integrating what just took place.. whether that happens is not isn't always the case. Unhealthy yet still effective self care that just takes longer is letting the house get really messy and allowing myself to be super lazy, ordering food and watching movies or reading

[Padmaja Nagarur](#) I walk around the place like I'm a traveler and treat myself to lime soda. 😊



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Discussion Question #4: How do you follow up with participants after an event?

[Nesreen Ali](#) I have to admit I am not very good at this. I may collect emails or connect with them immediately after, but I have found I am cautious about following up with people and do not want to bother them. If I do follow up, it's one-on-one and I try to meet people individually to get their honest feedback.

[Nadia Chaney](#) I hear that. For me, I like to create little sparks where I can during the session, so that there is something concrete to follow up.

[Barb Applepieski](#) I am thinking about how nice it would be for the school classes i visited to receive a card from me! New resolution.

[Nadia Chaney](#) Oh my! That's a lovely idea!

\*[Nadia Chaney](#)

Well, my friends, I think it's time to close this session for the month! Thank you so much for your wise words! We may pick this topic up again another time when we have a few more participants. Next month's topic will be EMOTIONAL CAPACITY : Working With Strong Emotion in Group Facilitation. Hope to see you there.



**Partners for Youth Empowerment**

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