

Free facilitation webinar 14 June 2018 in Adobe Connect

Hosted by Martin Gilbraith with Sunny Walker & Robertson Work

Agenda

15:00-16:00 UK time

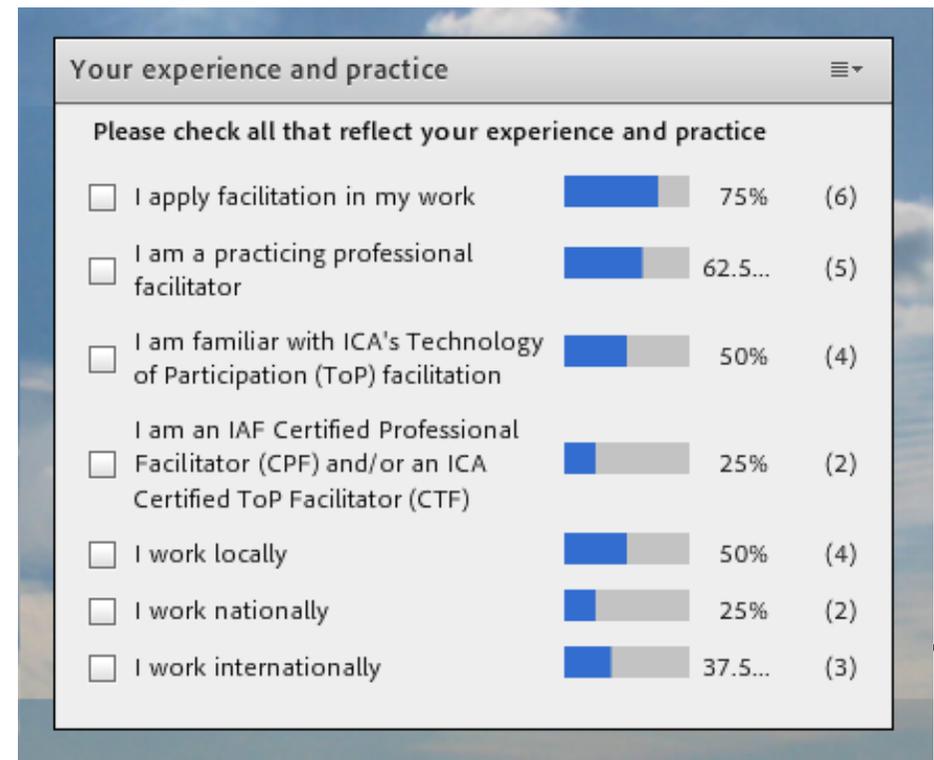
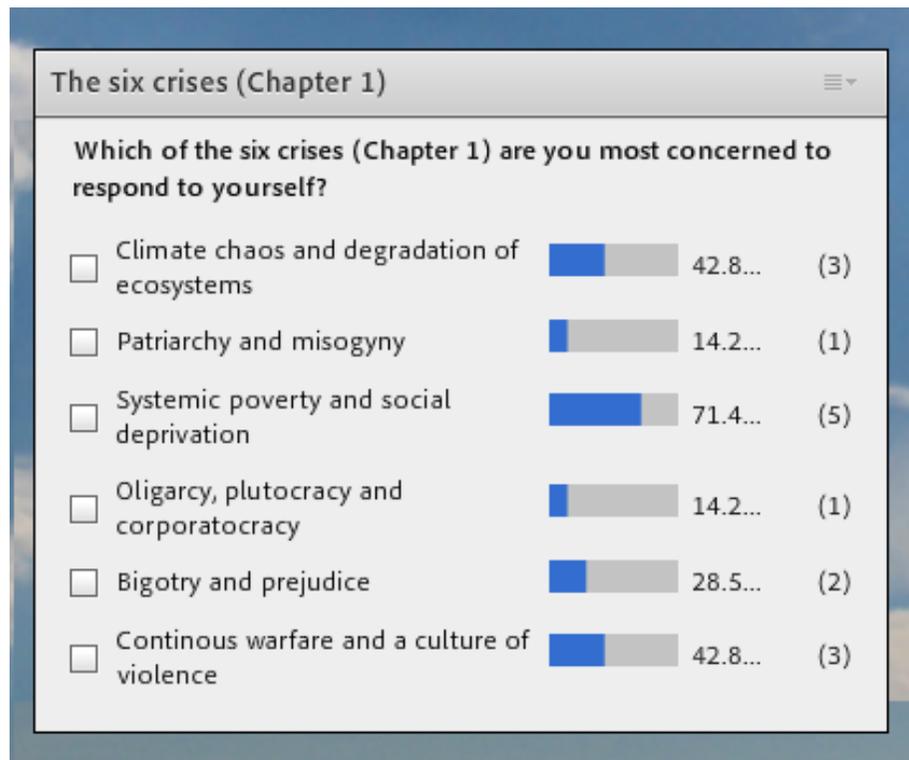
1. Opening, overview & introductions
2. Presentation, Q&A
3. Discussion
4. Reflection & close

Participants

11 from Austria, Belgium, Canada, India, UK & USA.

Introductions

- **Martin F:** Hello this is Martin F
- **Kimberly:** Hi everyone, Kimberly in Canada
- **Kristin:** Hi there, Kristin from London
- **Chris:** Hello everyone, Christopher, based in Brussels.
- **Kimberly:** Nice to meet you Chris
- **Chris:** Nice to meet you too Kimberly.
- **Kimberly:** Hey Stephen, Mark and the boys say hi!
- **Stephen:** Stephen, Here from Mt Abu, Rajasthan, India
- **Stephen:** Thanks Kimberly.



Comments & questions

- **Sunny:** Mindful activism helps move from despair to action. It's caring for yourself so you can care for others.
- **Neil:** I am considering writing a book about the Selfish Gene in leaders - what are the obstacles that you face (if any) in the early days of your engagements?
- **Stephen:** Awesome. Thanks
- **Sunny:** Rob uses all these methods in everything he does - begins every group with meditation (i.e. let's begin by being still and silent, to become aware of being here in this room together, be aware of your breath...a pause, take time to relax, be still, be silent. Doesn't call it meditation). Uses ORID constantly, asks questions using all constructs. And has people do circle dances after lunch. And then has them teach a dance. It's not just rational process, but about being alive. Uses art, dance, music throughout, so full human being is awakened.
- **Sunny:** In response to Neil's question, it's about becoming aware of my ego, negative emotions. (and my "selfish gene" - all struggle with it, even the great masters).
- **Sunny:** See "The Nine Disciplines of the Facilitator" by Jon and Maureen Jenkins - something Maureen said: the most powerful tool you have at your disposal as a facilitator is your interior condition. It will make more difference in your group work than anything else.
- **Martin G:** <https://www.amazon.co.uk/Disciplines-Facilitator-Transforming-International-Facilitators/dp/0787980684/>

Please share one concrete example of a context in which you have applied facilitation for sustainable development, mindful activism or broader social change

- **Sunny:** Currently applying facilitation in Neighbourhood Climate Action Forums here locally in Denver.
- **Neil:** worked with UK local government in the area of innovation - helping them to do more with less money - used facilitation skills for workshops, mentoring, and facilitation of different groups coming together
- **Martin G:** most recently in the Global Challenges Foundation New Shape Forum in Stockholm, but also in just about every other facilitation gig as well
- **Kimberly:** Facilitating Collective Action initiative among 50 community service agencies serving children and youth
- **Stephen:** Working with healthcare professionals to help them deal with the daily stressors associated with modern healthcare
- **Kristin:** work with scientists to increase scientific cooperation in tropical marine research, share best practice and lessons
- **Kimberly:** Just finished facilitating a consensus among over 2000 nurses across 20 countries on clinical practice guidelines
- **Chris:** worked with a small team heading a funding program (R&D&I in Health Care) to help shape a new narrative of their mission to be shared with their stakeholders, members, and potential new members.
- **Martin F:** Since last July helping Fairtrade international to be the best it can be in serving the global system
- **Neil:** working with private sector organisations keen to develop their CSR
- **Martin F:** Now involved with an organisation defending artistic freedom worldwide

What are some the challenges that you have experienced in your practice, and some of the ways that you have responded?

- **Neil:** in the early days: impatience if people didn't 'get it' - took me a long time (and the use of a mentor) to calm my brain down!
- **Sunny:** Challenge for us in these climate action forums is getting the participation of those in the community who don't usually participate. We get "the usual suspects" quite easily. We may need to take a page from political activism and do some door knocking.
- **Martin F:** People being so pained by the past that they cannot bear to stop listen but act out that pain.
- **Martin G:** networking & learning with other facilitators goes a long way in responding to challenges
- **Kimberly:** engaging the hard to engage, homeless, youth, poor, single parents, etc. in collective action agenda
- **Stephen:** Business mindset, people so caught up in doing healthcare that they get burnout. Challenge is getting them to take time out
- **Kristin:** scientists sometimes don't share their research with communities, lack of knowledge transfer
- **Sunny:** Working with academics (health care research scientists) who just want to use their usual model: PowerPoint presentations plus Q&A.

What are some of the things that help to sustain your commitment to this work?

- **Stephen:** Definitely a daily meditation practice, having a coach/supervisor, keeping a journal
- **Kimberly:** These types of webinars and other times when I can interact with the Facilitator Community, colleagues, and see how others are doing the craft. I always leave inspired. I avidly read as well
- **Neil:** IAF meetups help to sanity check what I'm doing and thinking - and to also bounce off their energy
- **Martin F:** connecting with like-minded others. Learning.
- **Martin G:** keeping my eye & heart on the goal of sustainable development and social justice
- **Neil:** My wider CPD activities (including ToP with Martin as a lead-in to being assessed for CPF)
- **Sunny:** A daily question: what is my contribution now?
- **Neil:** Recognising that I am an introvert with an extrovert's outfit on - by recognising the introversion, I am increasingly comfortable with not being the star turn on stage (speaker) and more willing to a) not know everything and b) ask more questions
- **Stephen:** Taking regular breaks and time out/holidays
- **Chris:** Sharing learnings and best practices with the facilitators' community

Feedback

- **Kimberly:** Bye everyone great session. Thanks!
- **Stephen:** Thanks Martin, Rob and Sunny.
- **Kristin:** Thanks to you all!
- **Neil:** very enjoyable - thanks!
- **Kristin:** Goodbye
- **Kimberly:** Sorry have to run. Cheers, everyone

