

STRENGTHENING YOUR FACILITATION SKILLS



Have you ever been in a group and then were asked to lead it—and produce results? Did you know how to engage group members in a dialogue?

Were you frustrated or discouraged by the lack of participation? Were you able to lead the group to make a decision?

Leading a group is less stressful when you know how to a) engage people in discussion and b) coordinate well organized meetings that get great results. But this type of work isn't easy.

Strengthening Your Facilitation Skills (SYFS) is a five-part, 15-hour training series designed to help local citizens learn how to get work done more effectively and efficiently in group meetings. SYFS will help you learn the best practices of facilitation, observe facilitation challenges, practice facilitation skills in an experiential setting, and receive feedback in a safe environment.

Participants in Strengthening Your Facilitation Skills will:

- Learn effective facilitation skills;
- Observe facilitation challenges, such as constant change, competing priorities, changing team members, limited time and carefully guarded resources;
- Practice skills in an experiential setting and receive feedback in a safe environment;
- Receive a resource notebook; and
- Commit to building the community leadership resources by donating facilitation time to local groups.

Virginia Cooperative Extension offers *Strengthening Your Facilitation Skills* in local communities and provides experienced trainers for each class.

Your community or organization may sponsor this training by contacting your local Extension Office or calling 434.766.6761.

Registration costs are nominal with each person receiving 15 hours of training and a comprehensive resource notebook.

**For more information, please contact
Dr. Martha A. Walker**

Extension Specialist, Community Viability
Department of Agricultural and Applied Economics
Telephone 434.766.6761 - walker53@vt.edu