

# Insight and solutions groups – ground rules and ground considerations

## Ground considerations

- It can be a bit scary to talk in front of a group of people you don't know – and this is a common feeling. However, all participants have signed up because they want to learn! The facilitators will be working hard to ensure that contributing is as easy as possible – and the facilitators really want to learn from participants too!
- In order for the groups to run in the most effective manner, it is important that we stick to time. During the first session the facilitators will model time keeping and moving the session on at the appropriate points. However, for the second and third sessions these roles will be adopted by participants.
- Owing to the nature of the groups it will not be possible to discuss all of the problems situations that participants bring – and this is a frustration! However, even if your particular problem is not addressed your insight will benefit the group and the contributions of others may well prove helpful in relation to an issue that relates to your practice, even if not the particular issue you brought to the group. Also, there are three pilot sessions and so even if not chosen on the first occasion, it is possible that your problem situation will be discussed during a later session.
- Part of the session involves the problem owner choosing to follow up on 2 or 3 suggestions made by other participants. You may have made an excellent / some excellent suggestion/s which are not followed up on. This does not devalue the quality of your input. It is important to remember that the problem owner is aware of the context in which the solution will have to be delivered and this will impact upon the ideas that are explored further. Your ideas may be great – but there might be contextual factors which prevent them being applied in this particular situation.
- The problem owner will select the participant to 'check up' after a few days about the agreed intervention. It is likely that this person will be the participant most able to advise on the agreed action. This contact is intended to be supportive, and the problem owner will agree during the meeting what is 'doable' within the next few days – and not be imposed by another member of the group.

## Ground rules

- We will stick to the time limit.
- We will not talk at those times we are not meant to (in terms of the structure and format of the session) and we will stay listening.
- We will speak for ourselves, and we will own our statements e.g. "I think/I believe...".
- We will remember that creative thinkers stick to solutions and positives.
- All solutions offered are valid and welcomed contributions.
- We will give suggestions, and not use the sessions as opportunities to preach.
- We will ensure that anything shared in the group remains confidential and we will be sensitive when sharing information outside the group.