Title: Discussion Topics

Exercise Code: SLINTEGRA026

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies | Small group  Large group | 30 min |

**Purpose:**

* To learn what is discussion inside a group
* To train yourself how to work within the group dynamic
* To improve the ability to listen to others
* To support others to express their feelings, beliefs and thoughts

**Description:**

Have participants answer questions on a range of topics. Use large group or small group discussion. Some topics could be:

**Describe one time you stood up for yourself.**

**What would you do if you saw two people starting to fight? (two people you know, two people you don’t know)**

**What do you do when you get into a conflict with another person?**

**What would you do if you saw one person being bullied by another person?**

The trainer specifies the time limit for each discussion and at the end of the debated topics asks the participants about the group dynamic, what they liked, why do they think some people talked more and why some didn’t speak at all, do they think that each group should have a designated leader or that the leaders spontaneously take turns, what they think is the most important in a discussion – speaking or listening, etc. The trainer should explain/tell, during or after the discussion, which are the main characteristics of a discussion inside the group dynamic.

**Material:**

Paper, pencil, handout

**Methods:**

Discussion

The exercise is appropriate when the trainer wishes to show the participants in actual terms what are the characteristics of a discussion and how it is meant to be led.

**Advice for Trainer:**

From the start the trainer should lead and show with his/her own behaviour how the discussion within the group is appropriately led and carried out. This way he/she demonstrates the actual performance of the discussion instead of just describing the main characteristics of a group discussion.

**Source/Literature:**

INTEGRA INŠTITUT, Inštitut za razvoj človeških virov