

KEYS TO A SUCCESSFUL GROUP

- Meet every week at the same time.
- Try not to stray from the discussion topics.
- Allow a few minutes for each person to share their experience during the past week in regards to the topic BLESSED first. Next allow each person to address their BROKEN experiences for the week. Finally allow each person to address the topic of SHARED.
- Be respectful of your allotted time. Generally each person only has 3-5 minutes to share on each topic if you want to keep the meeting to 1 hour.
- Limit your reply to what others say. This is not a time for discussion. It is an opportunity for each person to share their week's experiences.
- Keep the group time limited to 1-1.5 hours.
- The ideal group size is 3-6 people.
- Be open to new members.
- Break the group in to smaller groups if it grows too large.
- Help other to start new groups.
- Attend your group even on those days when you don't want to go or feel you have nothing to share.
- What is shared in a group stays in a group. **Confidentiality is of utmost importance.**