

Foundations in Facilitation Skills (5 days + Course Work)

Foundations in Facilitation is a suite of short courses totalling just 5 days, and leading to accreditation at Level 1. It is designed for those who want to consolidate, broaden and enliven their style of facilitation. The accreditation aspect is particularly suited to those who wish to chart their professional development, and who are committed to maintaining good practice. Whilst you will be provided with facilitation models, tools and tips, we recognise that the greatest resource you bring to groups is yourself and the impact that you have in engaging, leading and developing others.

About the course

The Facilitator's Toolkit (2 days)

In this two day workshop you will explore your role as group facilitator with particular attention to skills practice and awareness building in the live group setting. We will introduce you to **Dimensions of Facilitator Style**, a practical toolkit designed to equip you with the confidence and skill to effectively handle group processes and group tasks, paying attention to structure and interventions before, during and after an event. You will learn how to direct and guide groups hierarchically, and to work in cooperative and autonomous ways too, as appropriate. You will be encouraged to become aware of your own skills, experience, personality and preferences, and use and flex your facilitator style with self-awareness, authority and personal presence.

Group Dynamics (2 days)

In this two day workshop you will explore your personal process as a group member and the direct impact that this has on your facilitator style. You will become aware of the effect that prevailing group dynamics has on you, including; your attitudes, assumptions, personal triggers, and defences. Time is given to explore the nature of projection and transference, and developing personal strategies for handling them. You will become more comfortable in handling situations as they emerge, and more aware of the subtle influence that you have on a group, and vice versa.

Self and Peer Assessment and Accreditation (1 day + Course Work)

Having written a detailed self assessment against the FACETS[®] competencies, and gathered supporting evidence, this day will consolidate your learning into a clear statement of accreditation. This is your gateway to Accredited Membership of the Association of Facilitators.

For more information on each of these courses please see the relevant course information sheet.

Who is this for?

Typically, people who attend **Foundations in Facilitation Skills** are:

- working as a consultant, change agent, trainer to a client organisation
- working within an organisation as a change agent, group/team leader, manager or project manager
- in chairing roles at meetings with developmental purpose (be that business, charity or education)
- occasionally called upon to facilitate groups, meetings and teams
- embarking upon a career in facilitation

Method

At AoF we are committed to experiential learning and reflective practice. So you will be working in a small group of up to 12 participants, and with smaller sub groups for skills practice and peer review. Activities will include theory input, practical activities, group discussion, practice sessions, feedback and self & peer assessment.

Accreditation

This course counts towards becoming an Accredited Facilitator with the Association of Facilitators, and as progression towards the Certificate and Diploma in Facilitation.

Related Courses

Certificate in Facilitation Skills
Diploma in Facilitation Skills