



Video Transcript: Reflecting and Debriefing After a Group Session

Audio Description (00:00): Avis, Susan, and Katrina hold a conversation at a table.

Susan (00:03): I think in addition to what Katrina said, we, you know, maybe had some people that weren't as participatory towards the end of the day. So, you know, energy was a little bit down, but for the most part, the group was still engaged, but we did have a couple that we were having some issues with.

Avis (00:18): Okay, y'all hit that after lunch slump?

Speaker 1 (00:20): Yeah.

[laughter]

Audio Description (00:21): Bringing Content to Life: Techniques for Effective Group Facilitation Video Series. Two name tags list the names: Brittany and Avis.

Speaker 1 (00:29): Reflecting and Debriefing After a Group Session.

Brittany (00:35): Reflecting and debriefing after a group session helps facilitators to identify successes to build on, and challenges to address for future sessions. It's also an opportunity for facilitators to recognize their own strengths and opportunities for improvement.

Avis (00:50): This video provides strategies facilitators can use to debrief after any group session, like a meeting, training, teambuilding session, or educational program. This video is part of a series on: Facilitating and Managing Groups.

Brittany (01:07): Debriefs can happen immediately after a session or another time soon after the session. For example, after you receive observation or participant evaluation data.

Avis (01:16): If you had a co-facilitator or a session observer, consider each completing a self-assessment independently and then discussing your reflections together.

Brittany (01:26): If someone else was responsible for planning the session, include that person in the debrief so that they can learn what worked well and what needs improvement in future sessions.

Avis (01:35): Here are a few examples of questions you can use to guide your debrief:

Brittany (01:40): What went well during your session?

Avis (01:42): Did you have any challenges come up during your session?

Brittany (01:45): If yes, what were they, and how did you handle them?

Avis (01:48): Did you have to make any changes to the agenda or content in real time during your session?

Brittany (01:53): Do you need to make any edits or updates to the content or materials before the next session?

Avis (01:58): Were your participants prepared for the session?

Brittany (02:02): For example, did they complete any required pre-work and have all of the materials? Would you facilitate this session again? Why or why not?

Avis (02:12): Debriefing may look different depending on: your role, the type of session you facilitated, and the observation or evaluation data you have available.

Brittany (02:21): Let's take a quick look at a debrief after an educational session.

Audio Description (02:24): Scene changes to Avis, Susan, and Katrina having a conversation.

Avis (02:28): Thank you all for joining me for this training debrief. You know, I love doing these, so it helps us get better address any challenges. So, if you all don't have any problems, we'll go ahead and get started, okay? Alright. So first question: What went well during your session?

Katrina (02:45): Things went very well; I think the participants were very engaged. We didn't have a lot of issues during the training. We did an activity, and they were super engaged, paying attention to everything; nobody was in their phone. So I think that's something that went really, really well.

Avis (03:02): Okay.

Susan (03:02): Even though it was, you know, early and not everyone's favorite thing to do, but I agree, I think they were really excited and ready to start the day.

Avis (03:12): Okay, anything else to add?

Katrina (03:14): No, I think that's good.

Avis (03:16): Alright. So, did you have any challenges come up during your session?

Katrina (03:21): Yes, we had a couple of questions that we weren't sure about the answer of. So we made sure that we let them know that we will find out the answer and contact them via phone, via email, so that we could get the correct answer to them, although we couldn't get it to them that day.

Avis (03:34): Okay, wonderful. That's a great time to kind of use that parking lot, so you can- not forget to follow up on those questions. All right. Next question. Did you have to make any changes to the agenda in real time during the session?

Susan (03:50): Yes. So we did notice a little bit of a participation slump after lunch. Now people are starting to get a little, you know, feel like nap time, don't want to be as energized. So we did add in another activity, just kind of bring those energy levels back up. But that was the only change we had to make in real time.

Avis (04:06): Okay. Did you have all of the content and materials that you needed before the session?

Susan (04:12): Yeah, we had everything ready. All of our tech prepared, PowerPoint ready, all that.

Avis (04:17): Okay. AB went well?

Susan (04:19): Yeah. I don't think we had any tech issues; everything seemed to run smoothly.

Avis (04:22): Okay, wonderful. Were your participants prepared for the session? Did they show up with their materials? Did they review any content ahead of time?

Susan (04:31): They didn't all review the pre-work before, but for the most part, they did just a few that had and were ready and prepared for the training to start.

Avis (04:41): Okay, final question. Would you facilitate this session again?

Katrina (04:46): Yes, I would facilitate again. I think they were very engaged; we didn't have any issues. So yeah, I think the content of the session was really well and I would absolutely facilitate it again.

Avis (04:57): Okay, wonderful. Well, thank you all for this quick debrief, just trying to make our... What we offer our young people a little bit better.

Audio Description (05:06): Scene returns to Brittany as she speaks to the audience.

Brittany (05:09): As seen in the example, some common facilitation challenges include: Session planning, Engagement, and Group Management. Keep in mind that with any challenge also comes an opportunity to improve. Reflecting on your group sessions independently, with your co-facilitator, and with the person responsible for planning will help you and your team celebrate successes and plan for future sessions. Developed by the Reproductive Health National Training Center, RHNTC, and Fact Forward.