



## **Video Transcript: Caring for Yourself and Your Participants: Techniques for Effective Group Facilitation**

**Avis (00:00):** Welcome to the introduction to Caring for Yourself and Your Participants: Techniques for Effective Group Facilitation Video Series. Hi, I'm Avis and I'm nurturing. My favorite form of self-care is yoga.

**Katrina (00:19):** Hi, I'm Katrina and I'm fun. My favorite part of self-care is exercising.

**Mallory (00:27):** Hi, I'm Mallory and I am creative. My favorite type of self-care is gardening.

**Avis (00:35):** As youth-serving professionals, we all want to show up for young people and create spaces where they can participate fully and authentically. At the same time, we want to preserve our own well-being and avoid getting burnt out. We will provide best practices facilitators can use to take care of themselves and their participants. These videos focus on working with youth, but many of the techniques shared can also be helpful for group sessions with adults. Videos in this series include Take Care: Self-Care Strategies for Youth-Serving Professionals, Safe and Supported: Tips for Creating a Positive and Inclusive Group Climates, and "What Do I Say Now?": Tips for Answering Challenging Questions. We hope that you will learn and share tips with others. Take care! Developed by the Reproductive Health National Training Center, RHNTC, and Fact Forward.