Action Planning

Sometimes a group is formed for a specific purpose for only one meeting. Read the example below that illustrates this situation.

Example of a Group Who Met for One Session

A group of young men between the ages of 13 – 17 years of age were confronted with legal issues. They wanted to learn about their rights and the law. The youth worker organised for a guest speaker from a legal service to speak to the young people. Eight young people attended the session. The youth worker facilitated the group by introducing the guest speaker and explaining the plan for the meeting.

The facilitator observed that the young people were hesitant in asking questions. By being aware of this the facilitator assisted the guest speaker by encouraging the young people to ask questions. The facilitator referred to an incident that one of the young people told her earlier. The facilitator encouraged the young person to talk about the incident and to ask for advice about how to respond in the future.

The young people were encouraged to talk about the experiences they had which involved legal issues.

This was an interesting session as the dynamics of the group changed. It demonstrated that once the young people felt comfortable and at ease they participated in the group discussion.