



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Group Dynamics

Maintaining Positive Group Dynamics



AGENDA

- Intro
- Motivational moment
- What is group dynamics
- Group discussion of LYC scenarios
- Small group breakouts
- Group discussion
- Wrap - Up
- Questions

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JESSI PASHIA

- St. Louis, MO Live Yes! Connect Facilitator
- RA, Osteo, Fibromyalgia
- Fundraising, Local Leadership Board

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BECKY MIGAS

- Denver, CO
- Diagnosed at age 4
- JRA & RA
- B.Green Events
- Hike, spending time with friends, and vegging to Netflix!

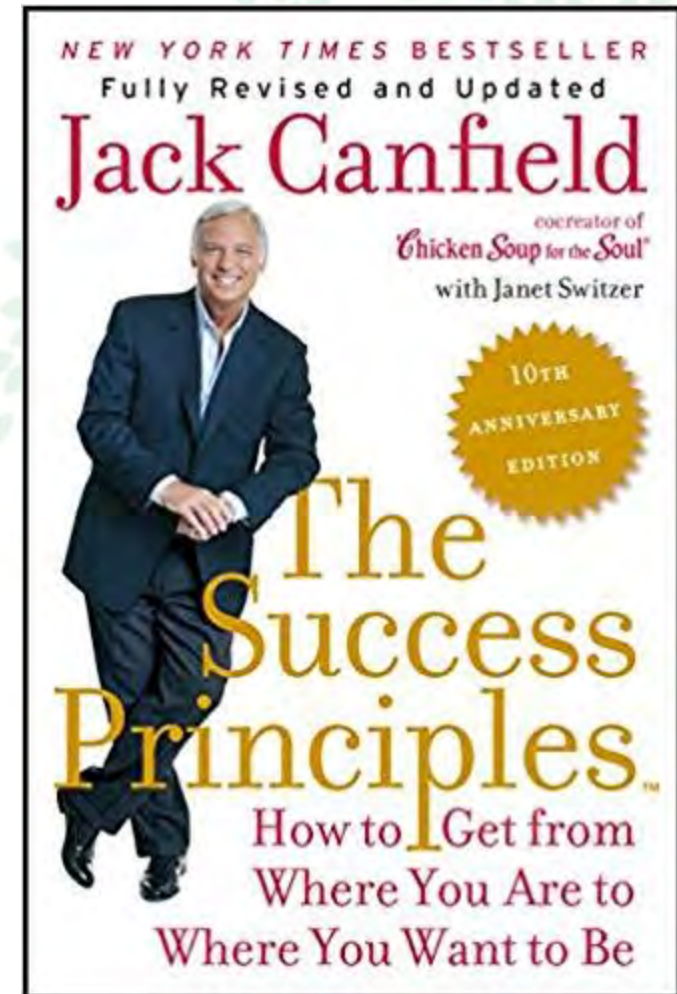
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MOTIVATIONAL MOMENT: Lisa Patierne

The Success Principles™ will teach you how to increase your confidence, tackle daily challenges, live with passion and purpose, and realize all your ambitions. Not merely a collection of good ideas, this book spells out the 67 timeless principles and practices used by the world's most successful men and women—proven principles and strategies that can be adapted for your own life, whether you want to be the best salesperson in your company, become a leading architect, score top grades in school, lose weight, buy your dream home, make millions, or just get back in the job market.



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Group Dynamics Motivational Moment

Presented by Dr. Lisa Patierne
Rising to Greatness

The Clay Buddha



Temple of the Golden Buddha





Creating a Safe Space

Getting to Know You



Sharing Time



How would your parents have described you as a child?

Where is a place you like to go and why?

What are you most proud of?

What is something that really bugs you
and why?

What is the most exciting thing you have ever been involved in?

What is the funniest thing that ever happened to you?

Who is your hero? Why?

How good a friend are you? Give an example.

If you had to be someone else instead of yourself, whom would you choose and why?

Reflection

Reflection



IT'S OK TO FEEL THESE
EMOTIONS, IT'S HOW WE
DEAL WITH THEM THAT
MAKES US THE PEOPLE WE
ARE.

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What are group dynamics
anyways?

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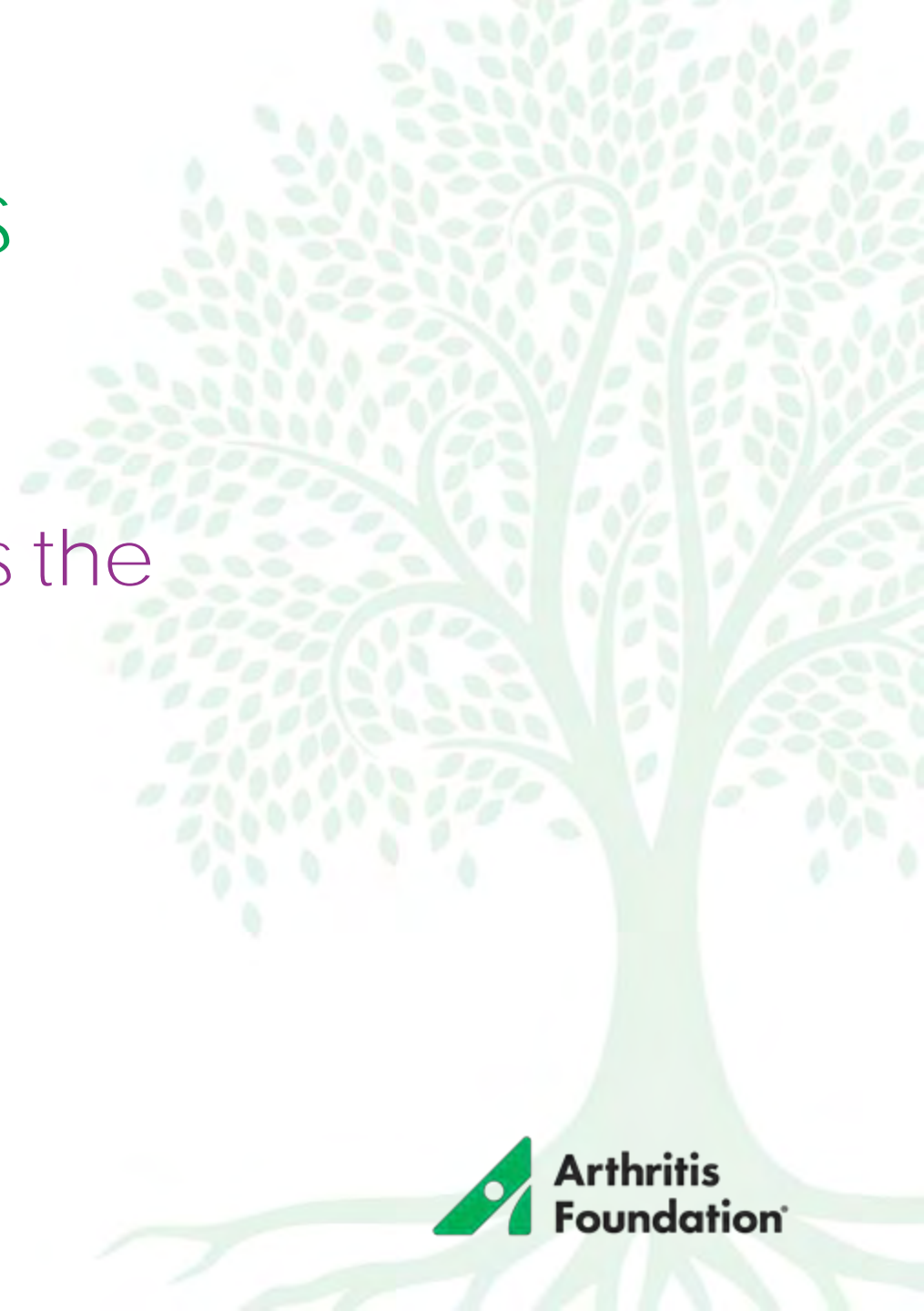
What are group dynamics anyways?

The term *group dynamics* describes the way in which people in a group interact with one another.

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They can bring a group closer together or make them fall apart.

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5 Stages of Group Dynamics

Forming

- Groups come together

Storming

- Leadership and members' ideas questioned
- Disconnection

Norming

- Group comes together as one

Performing

- Work together to accomplish group g

Adjourning

- Dissolution

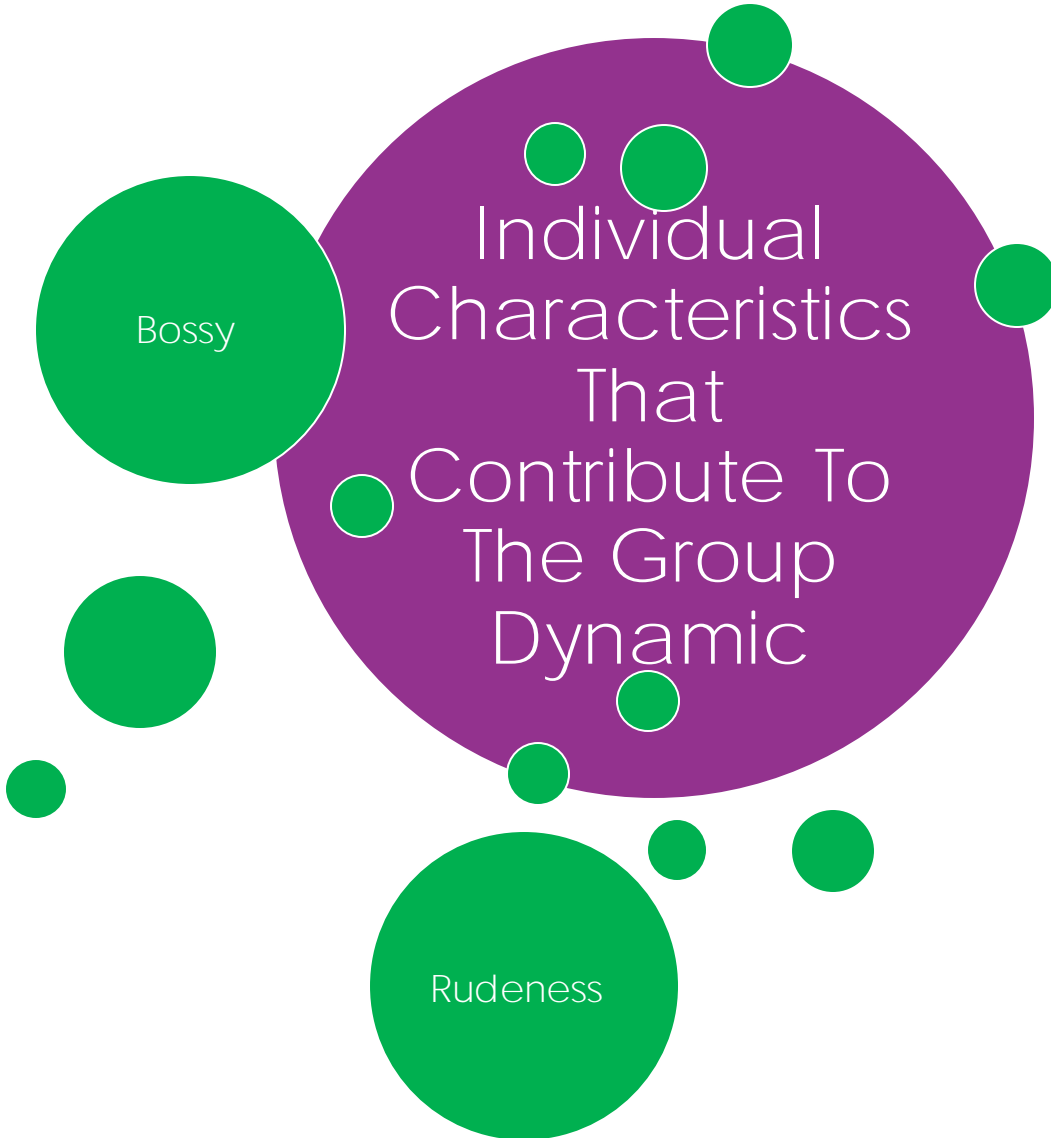




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Individual
Characteristics
That
Contribute To
The Group
Dynamic

Bossy

Negativity

Arrogance

Rudeness

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Have a difficult participant?

Use the BEER method to give corrective feedback:

Behavior - Describe the behavior that is not working

Effect - Describe the effect it is having on the group

Expectation - Review participant guidelines and discuss behavior you want to see

Result - Describe the results of new behavior on group and participants

Be sure to do this in a private meeting with the difficult participant!

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GROUP DISCUSSION:

What are some issues that you face as a facilitator in your groups?

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GROUP DYNAMICS REVIEW

- Discussions are designed towards positivity and seeking solutions for problems.
 - Share problems, but don't dwell
 - If a participant is dealing with a challenging situation, LYC participants can assist by seeking a positive solution
- Each participant has equal airtime or right to remain silent.
 - Use your listening skills and if a participant is dominating the conversation, make sure the group is OK with it and if not, seek ways to problem - solve and redirect.
- Avoid interruptions and side conversations
- Stick to participants' own experiences, and try to avoid generalities.
- If there is a disagreement between participants, address it.
 - Discuss problems and re-emphasize that LYC is a place of support
 - Personal attacks will not be tolerated
- LYC's objective is to listen, express feelings, and explore options
 - do not prescribe, diagnose or give medical advice
- Strongly discourage speaking negative about medical providers, other participants, etc.
- Use humour
- Take care of yourself!



Questions?

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