

Lived Experience Group Reflective Practice Activity Sheet

Instructions

Arrange yourselves into small groups of 6-8 people.

Ensure mobile phones are off or on silent.

Sit in a circle. Briefly introduce yourselves to each other.

Ensure each person has a copy of this activity sheet and takes time to read it through first.

Depending on size of your group, together work out timing for each person to ensure equal airtime. It is up to the person asking the question to remind person of agreed timing allowance.

Each group member has the opportunity to self-reflect by answering all 5 questions, and then asking the next person beside them the questions. When asked the questions you are allowed to say pass.

While the person answers the questions, all participants should

- Give your full attention to the speaker
- Listen deeply without interrupting while the speaker is sharing

At Question 5 If the speaker asks for something they need from the group, at this time group participants can then respond appropriately to what the person has requested. Examples might include acknowledgement, appreciation, validation, reflections on similar experiences, ideas, suggestions, understanding of how others have managed or made sense of this situation.

Questions

1. How are you feeling right now? (e.g name one or two emotions you have)
2. What is happening for you right now in regard to your Lived Experience work/volunteering?
3. What would you like to have happen?
4. What is your way forward? (If unsure, what is it you need?)
5. Is there anything you would like from others in this group at this time? (Examples might include acknowledgement, appreciation, validation, reflections on similar experiences, ideas, suggestions, understanding of how others have managed or made sense of this situation.)