

# General Guidelines for Facilitating Group Participation

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As a facilitator, you can help participants to feel more comfortable in participating if you follow the following guidelines:

- Maintain a relaxed position yourself. Either sit in the circle with participants or move around the room to be accessible. Sitting in the circle will enable hearing by everyone and also help to make you a part of the group.
- Be non-judgmental and respect participant's choices, including the choice to not participate in activities.
- Validate feelings which may include stress, guilt, anger, frustration, resentment, or sadness based on past or current experiences with cancer or other chronic diseases.
- Have tissues available in case of tears. Make contact, but don't draw attention to a sad or crying participant. Check with them at a break or after class.
- Start and end on time out of respect for participants. Let participants understand that this is your plan.

**Facilitator Notes:** \_\_\_\_\_

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