



Podcast 10

How to connect with people and sense the mood in a group? , part 2

In working with a group, empathy, mindfulness and experience play a huge role. Not everything is what it seems. Good mood in a group and ridicule of the proposed exercises can be, for example, a manifestation of fear of failure. It can also be an attempt to please the group by one of the participants and gain the sympathy of other people.

Remember that the participant's unusual behavior or lack of cooperation on their part can be caused by many factors. Perhaps he has received a disturbing message or is not feeling well. Remember that not all behaviors are related to you and that resistance to engagement can have many different causes.

That is why it is so important to respond to disturbing signals and be ready to change the previously prepared scenario of classes. Do not try to implement the planned program by force. The emotional costs can be too high and can lead to the breakup of the group. Instead, try to explain the situation, conduct integrative/stimulating/calming exercises.

If resistance or difficult emotions concern one of the participants, be ready to talk individually during the break and adjust further activities so that the person feels safe and comfortable.

If you have trouble feeling the mood of the group, you can do a short exercise in which you ask the participants to express how they feel at the moment in a certain way. They can do this in a number of ways:

1. Give a statement in a specific formula: It feels like (e.g. storm cloud), I'm (I feel like shooting lightning).
2. Draw a drawing depicting their well-being and explain it to the whole group.
3. Present your well-being / emotions through pantomime or even facial expressions.
4. Answer the question: What do you want now and why?

Participants' responses will allow you to understand the group's behavior and help you decide what to do next. Perhaps it is enough to slow down the pace a little, or introduce an additional exercise. Or maybe the participants need to ventilate themselves.

Always remember that by forcing the course of classes despite the resistance of the participants, you will not get the intended result anyway. At most, you will make the participants survive to the end of the planned time and then run quickly out of the room. So be attentive to the needs of the participants and do not be afraid to ask them what is happening if you are not able to sense it yourself.

