

Tips for Food Resiliency Workshop Part 1

1. Think about your audience.

Actively think about your audience. The aspect I found to be most challenging was that as an outsider to the community and the audience I was presenting to I didn't have any idea as to their knowledge base of sustainability. I would recommend sending out a Google Form to interested workshop attendees before the workshop. It would not only give you an idea of their knowledge base but also an estimate as to the number of people attending the workshop.

2. Trust the Process

...because it all worked out well in the end! I asked for feedback at the end and only received positive comments.

3. Be Honest!

Tell the audience about your skill level. For me, this was my first facilitation in a community that was not my own...and I shared that with them in the beginning.

4. Prep. Prep. Prep.

Do your research. THINK of EXAMPLES. Take notes.

5. Know yourself.

Know what you need to be able to give a presentation. I know that I need my workshop plan printed out and in front of me. I also am trying to learn ways in which to present without lots of notes (me trusting the process) so I have been practicing.

6. Ask for Feedback

There are many different forms of feedback

1. Free Form (whether it be written reflection or discussion based)
2. Structured (as in with a set of questions or multiple choices)
3. KLPDQs: Key Learnings, Pluses (What did you like about the lesson?), Deltas (What would you change?) and Questions

7. Have an Ally in the Audience

Bring a friend that knows you or someone you know that is interested in the topic if it is allowed – especially if you are an outsider to the community.

8. Step Up, Step Back

The audience, for me, had a lot to say --- and could have easily gone off track. I felt myself hesitating to step in because of a power dynamic. The majority of people in the audience were older than me...but as the facilitator, I had the knowledge and position to intercept and direct the conversation back to the lesson plan. It is also important to sometimes let go and see where a discussion will take the workshop, even if it was not planned.

9. Be Aware of your Time: *Less is More!*

10. Have FUN!