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**Introductory session****90 minutes****Resources:**

- ‘Session Map’ and ‘Set One Notes’ – Spare copies Activity 1
- Focus sheet x four Activity 1
- Post-it notes and pens Activity 2
- Focus slip x one each Activity 2
- Large sheet of paper Activity 2

**Welcome and worship****10 minutes****Session introduction****5 minutes**

*Purpose of this session:* to get to know one another, understand what lies ahead in future sessions, clarify our concerns or needs and agree on ways of working.

**Introductions in the group****10 minutes**

In a go-round, participants say a little about themselves - anything they would like to share with the group in about a minute each.

**Activity 1: Anticipating the way ahead** Creative listening **20 minutes**

Check everyone has a copy of the Set One Notes and ask people to spend a few minutes reading that sheet. Suggest that they might find it useful to refer to their copy of the Session Map during the activity.

**Focus questions for creative listening:**

What am I looking forward to?      What am I concerned about?

**Activity 2: Ways of working together****35 minutes**

Introduction and practicalities

5

Discussion in pairs + feedback in the group

15 + 15

**1. Discussion in pairs**

- Distribute Focus slips, Post-it notes and pens
- Invite pairs to discuss and note ideas
- Disperse as necessary out of earshot

**Focus questions for discussion in pairs:**

What ground rules do we need to agree as a group?

What will help me feel confident about participating in the group?

**2. Feedback in the group**

- Ask people to place their notes on the paper sheet. Read them out.
- Invite the group to discuss and move the notes to reflect priorities. Further notes can be added if there are significant gaps, e.g. listening well, starting and finishing on time, being willing to talk about oneself etc. (The group might like to have the sheet kept for future reference)

**Closing worship****5 minutes****Notices****5 minutes**