



Unlocking Group Dynamics

PROGRAMME (Subject to change)

Wednesday 10th April 2024

09.30am	Welcome and technical tips from Jeremy
09.35am	Meet your Buddy Group members
09.40am	Session 1 : Safe and Unsafe Groups
09.55am	<i>Liz's Story</i>
10.05am	Buddy Group Discussion 1
10.20am	Session 2 : Chris's Personal Exploration of Group Dynamics The In-Out Model adapted for Groups
10.45am	Break (5 mins)
10.50am	Session 3 : Your Groups Timeline
11.05am	<i>Gill's Story</i>
11.15am	Buddy Group Discussion 2
11.30am	Comments and Questions
11.40am	Session 3 : Groups and Personalities
11.45am	Session 4 : Group Leadership
11.55am	Session 5 : Social Media Groups
12.05am	Break (5 mins)
12.10am	<i>Cara's Story</i>
12.25am	Buddy Group Discussion 3
12.40pm	Comments and Questions
12.50pm	Buddy Groups – Say Goodbye
12.55pm	Information and Updates
13.00pm	Finish