



## Setting the culture of a group



With specific aims of this project surrounding lifestyle and wellbeing, it is vital that you try and set the culture you hope to achieve through the Us Girls Alive clubs as soon as possible. This is a great exercise to start, which encourages the young women and motivators to have ownership right from the beginning.

### Equipment Needed

Flip chart paper, flip chart pens, post it notes.

### Time

20 minutes – 1 hour (depending on the size of the group)

### Aim

For the young women and motivators to participate in setting the culture of the Us Girls Alive clubs whilst keeping in line with the original objectives of the wellbeing and lifestyle project.

### Method

Write the following titles on two pieces of flip chart paper.

“What I want to bring to the group” and “What I want to receive from the group.”

The group should discuss these questions and write down an answer each, sticking them on the corresponding flip chart paper.

### Key points to consider

The participants should be bringing something to the group as well as receiving. Encourage each person involved to offer something for each question.

Ensure the focus of the answers are positive. Try and encourage the participants to word their answers with a positive outlook. For e.g., instead of saying “I won’t judge people before I know them” try “I will accept people for who they are and look beyond first impressions”.

If you intend on carrying out beauty therapy treatments in some of the clubs, ensure that you maintain a balance between appearance and character. It’s important the girls feel they can engage in these sessions without feeling they might be judged on

their appearance. It's good to get the message across that it's important to take care of yourself, make the most of who you are and enjoy a pamper whilst also believing and feeling that is not what defines you.

There may be specific issues and needs that the young women would like to tackle and receive support with; they may suggest ideas during this exercise. They may also have experience on certain issues, which they might be willing to share also.

It's always good for the group to feel they can trust each other and know that what they talk about will not be shared outside the group.

Some of the group may have more barriers to engage in sports sessions than others do. This would be a great exercise for discussing such matters and working out how to support each other.

Each participant should sign, tag or initial on the flip chart so that they say they agree.

You can revisit this "culture" as new participants join the group. It's also good to review it at intervals.