

Hopes and Fears

As a facilitator it can be useful at the start of a process to ask participants what hopes and fears they have from attending the meeting, event or participating in a project.

A fun and relaxed way to do this can be using a diverse selection of postcards, photographs and images which you lay out on a table and ask participants to pick one postcard or image that represents a fear they have and another of something that represents a hope.

Once everyone has collected two postcards ask them to sit in a circle and ask each person to respond share their hope and fear with the group (explaining each image they picked up).

You can use this activity to extract additional ground rules to add to the list you have created, by asking what the group can do to ensure each fear is not realised.

