

# Facilitation Background

Most of us have a great deal of experience in being members of groups, yet we have not been formally trained to lead, chair or facilitate a group. While there can be distinct differences between the role of a 'chairperson' and a 'facilitator', the information presented here will be pertinent to both roles and the terms will be used interchangeably. Leading a group takes a certain fearlessness. It takes sufficient personal awareness to realize you don't have all the answers, a keen awareness of others, and a commitment to the group fulfilling its purpose.

The chair or facilitator of a group is a role of honor and trust given by the group. The members recognize the importance of the group and ask the leader to guide the group process toward the fulfillment of the group's purpose.

There are no leaders without groups, but there might be groups without leaders. A leader can only lead with the consent (spoken or unspoken) of the members.

## **Leaders enable a group to:**

- define focus
- set direction
- inspire members to participate

