

Reenergize

Facilitator Move

PROCESS

- Notice if the group seems tired or unfocused.
- Ask each person to respond to this question on a sticky note: “What would it take to get you reenergized?”
- Members place their notes on a flip chart or the wall.
- Members organize the notes into categories and label.
- Explore ways to respond to the ideas.

ALTERNATIVES

- Small groups respond to the question and report one idea to be charted and discussed by the group.

TIPS

- The simple act of recognizing fatigue reenergizes people.
- This process itself will usually provide all the reenergizing that is necessary.