



Guide to...

Doing group discussions

Group discussions can be useful to share information and experiences and solve problems.

They are typically run with a small group (no more than 10 people).

They may be led or supported by a staff member within an organisation.

Over time and with support, members might learn to lead or help support their own discussion groups.

Group discussions are usually based around a specific topic of interest or issue or concern that is shared by those taking part.

They can be helped by prompts such as those included in this toolkit (these may be used by the person leading the discussion).

It is important to allow everyone to speak and to be respectful to everyone's views.

It is useful to record what is discussed by taking notes. You can use the *Discussion Notes* template (sheet ref: T8).

It might be useful to have access to the web (e.g., on a smartphone) to check things online if needed.

Discussions might be run as one-off sessions or as part of a regular programme such as a 'Speaking Up' group.

It is possible to run discussion groups online, using online video conferencing platforms like Zoom and Skype.