

Starting with me

**Downloadable guidance notes for group facilitators of
activists or campaigners**

To be used in conjunction with “*inspiring action – a guide for practitioners*” created by the everyone foundation with Oxfam and the WI

Title: Starting with me

Purpose

To prepare people to address the sense of futility that we all encounter from time to time, by talking about the power that each of us has to make a difference.

Context

Often we feel overwhelmed by the issues we are presented with, and this can trigger a strong sense of futility. This exercise is designed to look for evidence of the impact of individuals and then prepare a way of presenting the actions of individuals (including our own) as a valuable contribution.

Objectives

- To explore positive stories of individual impact
- To identify our personal stories
- To practice sharing that story with a partner

Instructions

This exercise is designed to take place in a group setting, and to be facilitated.

1. Acknowledge that we all feel a sense of futility at times, and that this is a natural reaction. Recognize that it is a limiting belief that can be self-fulfilling.
2. Ask the group to share the names and stories of individual people who have made a real difference through their personal dedication
 - a. Famous people
 - b. People that they have come across
 - c. Their own personal stories
3. Encourage the group to work in pairs and explore the stories that they would be most happy to share in their campaigning work
4. Discuss their thoughts as a whole group and get feedback from the others on
 - a. Whether they are powerful examples
 - b. How they can be strengthened
 - c. Whether there are any concerns or issues with the selected stories
 - d. How they were told as well as what was said
5. Encourage people to develop examples that are local and grounded as well as those that might seem less achievable for an ordinary person
6. Suggest to people that they share their stories of individual impact when they are campaigning and refine them based on the reactions they get from the public.
7. Review the other tools and resources that are available on the everyonefoundation.org website, including the 'connectedness' workshop and 'facilitation skills to create deeper connections' workshops or speak to the team about what the next steps might be in this conversation by calling 0207 836 8142