

Affirmations

Why affirm?

- ❖ Shows appreciation and respect
- ❖ Builds rapport with the entire group
- ❖ Encourages greater participation
- ❖ Increases all participants feelings of safety in the group

Key elements:

- All members of the group hear affirmations and will respond from their perspective
- Affirm without judging right or wrong answers
- Affirm participation when someone volunteers an answer, even if you do not agree with what they say
- Avoid affirming “correct” answers just because they are correct

Facilitation Skills



Affirmations

Some examples:

“Thank you for sharing that.”

“I appreciate your viewpoint.”

“You really have some good ideas for how you might do this.”

“I’ve heard that from other moms.”

“I’m glad you are all part of our group this morning.”

“I have learned a lot from you today.”

Your affirmations: