

Facilitation Skills Self-Assessment Exercise

As part of learning and growth, it is important to identify your strengths and areas for development. This activity is designed to allow an opportunity for you to reflect on the strengths and challenges you bring to the role of facilitator. The goal is to allow you time to think about your current facilitation skills. During the session, you will share this information as a way to assist you in the development of your overall facilitation skills.

Instructions: Please answer the questions below as candidly as possible. While this activity will be used to guide a group discussion about strengths and areas for growth, team members will not be required to share the full details of their experience with members. Your self-report will be used to aid you in your development as a facilitator.

Briefly describe an experience where you facilitated a workshop. Identify the factors and skills (facilitation, technical, resources and/or supports) that you successfully used to guide the participants throughout the workshop.