
Workshop plan**Place:****Workshop time:****Date:****Participants:****Degree of participation anticipated:**

Aim(s):

- to deliver a workshop in which all the participants can contribute if they choose
- to enable each participant to have personal time and discussion time
- to arrive at a group-created story, even if provisional

Subsidiary aim(s):

- to identify associated music and sensory aspects within the story
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Rationale

We want to give a chance for every participant to have their voice heard if they choose. That means personal space to explore and describe their chosen image and any associations, narrative or sensory. And it means space to take part in more general group discussion on several images.

Assumptions

The participants are motivated to take part in the workshop. They may not previously have met each other and some ice-breaking will be necessary. Gaining the confidence to express their feelings and ideas may take time. The participants may experience moments of tension, particularly in group discussion. They may feel tired from the interactive stimulus by the end of the workshop.

Anticipated problems & solutions (Workshop management & participants)

Participants may not understand what is being asked of them and so need encouragement and different ways to explain the task. Participants may get upset by the story or the images and the facilitator will need to manage this process, giving people the option to drop out or to call another staff member to support the individual. Participants may also talk all at once and careful management of the group will be required to give everyone a voice in the process.

Situation	Possible response
Participants collectively go off-topic, perhaps in response to an image	If everyone is involved in the discussion, allow the flow to continue. You can draw people back by prompting the group to look at the image
Participants have problems following the introduction to the activity	Try asking participants to talk about their image, break it into one step at a time
Events move so fast there is no time to make notes on the story	Audio record the session so you can listen back (but it will take time)
What if people get upset	Give them space to feel the story/emotion. Check they are ok. ask if they want time away from the group or to just listen. Sit next to them and offer support
What if someone is dominating the discussion	Thank them for their input and say how good their imagination/storytelling is. Try asking people by name to input and recognise that some people want to have a say. E.g. Greg I can see you want to say something. I will come to you in a minute. First I want to ask Jane if she has anything to add...
No one wants to take part	Change the images and try a different approach. You may need to stop this session and ask what they would like to do. Maybe talk about music and songs that they like, then see if these relate to the images.

Workshop stages

Stage & objective	Interaction	Materials	Time	Procedure
Review and aims	F-PP		0-5 mins	Welcome and workshop outline
Icebreaker	PP	Perhaps related to theme of images	6-14 mins	(Small group) Introductions depending on size of workshop
Individual images	P-G or PP	Participant images	15-35	Round robin, F support
Group discussion	PP	All images	36-55	Negotiated narrative
Review	F-PP / P-PP	All images	55-59	Recap of story
Leave-taking	F-PP		59-60	Closing

Equipment:

- Story cards with plain or lined paper on the back
- Phone or laptop with wifi and access to Spotify or YouTube
- Pen

For evaluation (if relevant):

- Camera
- Tripod
- Audio recorder
- Wellbeing questions
- Evaluation questions
- Consent and information sheets