

Participant-Centered Groups

Participant-centered groups are an interactive form of learner focused education where participants have the opportunity to discuss topics and share their questions and knowledge with other participants in the group. It is a supportive environment where culture, prior experience, and personal concerns are acknowledged and respected. The facilitator creates an atmosphere of acceptance, guides the discussion and activities, and encourages participation from all group members.

Tips for Facilitating Groups

- Prepare the room, seats, multimedia and props.
- Give a warm welcome and introduction.
- Explain the purpose of the session and how long it will last.
- Ask how participants relate to the topic/ what successes they have had.
- Lead into the main theme/conversation for the session. Use activities to help participants practice what they are learning.
- Conclude by summarizing information shared and next steps.
- Clean up and take note of successes and areas of for improvement.

Spirit of PCE is:
CARING:
Collaborative
Accepting
Respectful
Involving
Non-judgmental
Genuine

Examples of Activities

To learn more, click on each activity below.

[Ask Permission, Give Suggestions and Let Participant Decide \(Maryland WIC\)](#)
[Explore, Offer, Explore \(Oregon WIC\)](#)
[Energizers and Resources for Skill Building \(Washington WIC\)](#)
[Facilitating with Confidence \(Texas WIC\)](#)
[Key Competencies for Group Education \(California WIC\)](#)
[Pair Share \(Oregon WIC\)](#)
[Storytelling \(Oregon WIC\)](#)
[Zero to Ten Scaling \(Oregon WIC\)](#)