**NOTES TO THE FACILITATOR:**

Thank you for facilitating the Warrior Spirit Mission Homefront Resilience and Reintegration workshops. I hope you will find this to be a rewarding and inspiring experience.

This guide is a guideline of different elements. Feel free to use what you see fit. Also feel free to introduce your own thoughts and ideas and make the workshops your own.

The Warrior Spirit Mission Homefront game creates a space where the people in the group are one another’s teachers and guides. The questions in this game are a tool and process through which participants are led to uncover their deepest values and goals, and to be supported in expressing their fears and challenges.

Questions I asked myself in designing this game are: How do we come together in ways that matter? Where along the way do we get feedback about our lives and the complexity of how experiences have affected us? Where are we taught about the power of emotions and how they influence us? How do we find our way?

Respectfully.

Leslie Robinson

**WARRIOR SPIRIT MISSION HOMEFRONT**

**COUPLE’S WORKSHOP GUIDE**

* For couples, it is best to have each couple at their own game. It is a very intimate experience. If working with a large group, have multiple games spread out throughout the room.
* Explain that Warrior Spirit Mission Homefront for Couples is a vital opportunity for Service Members and their partners to communicate authentically and openly, share, process, strengthen and reclaim their connection and passion.
* They are part of a unique culture of individuals who have taken the oath to protect our nation, and as such they face unique challenges. We know that reintegration and opening up after these experiences can be profoundly difficult work. Here is a valuable tool that can make a difference.
* We also know that their partners have faced and face difficult challenges, and Warrior Spirit provides them both with a safe and sacred space to be together and to share their journeys.
* Explain that it is understood that the idea of communication, following an extraordinary experience, trauma or even a long separation, as in a deployment, is a profoundly difficult challenge. It is widely understood that an interruption in the ability to communicate thoughts, feelings and beliefs often results in a sense of profound isolation and exclusion. Warrior Spirit Mission Homefront was designed to help to build bridges back into authentic connection and sharing.
* Explain that Warrior Spirit Mission Homefront is a communication tool to assist them in having enjoyable and important communication with one another.
* Explain that this is a place where they can support one another and help each other to process what they are each going through, so they don’t have to struggle separately and alone.
* The questions in Warrior Spirit range from fun and light, to more thought-provoking and complex, and everyone participates. There is no focus on outcomes, it is simply a place to be yourself.
* At the end of the workshop, choose a light question to end on something positive, and then ask if everyone is okay, if there is anything anyone needs.
* **OPTIONAL:** You may want to begin by having an introductory pre-session in order to build in trust amongst group members. For this first session, as the facilitator you may want to pre-choose a number of lighter questions and interactions, and a few of the more serious questions at your discretion. After this introduction session, participants will be prepared to play the game on an ongoing basis.
* **OPTIONAL**: You may want to open each session with a light question to open the workshop and to engage participants.
* **OPTIONAL:** With each question which is chosen, you may want to ask the group “Are we comfortable with this question? Or would we like to move on to something else?

You might want to talk about

**CHANGE & DISCOVERY**

* Personal change happens through a journey of self-discovery.
* The only pre-requisite for starting this journey of discovery is that you are willing to learn. If you realize that there are things you have not yet understood about yourself and about life, then you can be open to exploration. Warrior Spirit will help you to understand yourself better. What you will learn might be unexpected and surprising, but that is the nature of discovery. Let yourself be open to new ideas.
* There is no one fixed way of achieving personal change and growth. What you need is YOUR way, the answers that are needed are YOUR answers.
* The pre-designed questions in Warrior Spirit, designed in consultation with Chaplains, former Veterans and military spouses, are here to assist you in the challenging task of self-understanding and awareness.
* Shifting our behaviors can take time, practice and patience with ourselves. Remember change doesn’t have to be perfect. It just has to be in process, often a lifelong process.
* It is also very important that you have a compassionate way of responding to yourself as you explore. After developing compassionate self-awareness, not only can you understand and relate better to yourself, but you can think differently about your efforts to change.

**FACILITATION GUIDELINES:**

Now for some facilitation guidelines. Once you start the game, the game is basically the facilitator.

* As a facilitator, you will set the scene and ensure that participants are clear about the ground rules and expectations for the workshop.
* By setting clear expectations and ground rules, you help everyone to focus and to feel safe. At the start of the workshop, and throughout, your role as facilitator is to ensure the workshop keeps progressing towards a successful outcome.
* Set the ground rules– What rules should participants follow? How will you ensure that people respect each others’ ideas? You'll propose and seek agreement to these (below) at the start of the workshop.

**GROUND RULES:**

* **CONFIDENTIALITY** - It is important before starting, that participants agree what is said during the workshop, stays in the workshop. Some of the questions and interactions are intimate and personal, which can be threatening to comment on. However, it is such a level of intimacy in open and honest sharing that brings about new understandings, opens up shut down emotions, makes one feel human and alive.
* **RESPECT** – Participants must decide and agree they will make an effort to respect one another. That does not mean they always have to agree with one another, but they do need to listen non-judgmentally and give the respect they would want to have from others.
* Respecting the person you are communicating with and respecting his/her views even when they differ from your own, allows you to accept another person’s point of view. Ask participants – Does that mean you necessarily have to agree with that person’s point of view? PAUSE - The answer is NO.
* ASK - Why is respect important in communicating effectively? PAUSE for responses. Because it creates a safe environment and allows others to openly express their perspectives and feelings. When people are allowed this opportunity they feel respected and valued.
* Often we immediately reject another’s perceptions, especially when our views are different. When our views are different from other people, we often find ourselves ready to challenge, dispute or we even hear these things as threats. This rejection may be unconscious. You may have grown up in a household where different viewpoints were not welcome. We must remind ourselves to listen to the other person and to allow them to have their point of view.
* Simply put, if a person does not feel respected in a conversation, they will usually shut down or feel angry and bad. This workshop is a place where participants show the respect to others they desire, so that everyone remains open and involved.
* **ACTIVE ENGAGEMENT** – When it is your turn to speak, try to work towards full involvement. Try to express your thoughts and feelings as fully as you are able. Make a commitment to seeing the process through.
* **Active Listening** – It is important to focus fully on the speaker. ASK - What does focusing fully on the speaker mean? Explain that active listening is not the same as waiting for your turn to talk. Try to give the speaker your undivided attention. If you are preoccupied by other thoughts you may miss what they are really trying to communicate. Here is an opportunity to be understood.
* ASK – How does judging, blaming or criticizing interfere with active listening? PAUSE for responses. In order to actively listen to another person, it is important to set aside judgment and withhold blame and criticism so you can fully hear and consider their message.
* Effective communication does not require people to like or agree with each other’s ideas, values or opinions. Our personal filters, assumptions, judgments, emotions and beliefs can distort what we hear. As a listener, your role is to understand what is being said. Showing interest goes a long way towards active listening and effective communication.
* It takes a lot of concentration and conscious determination to be an active listener. Old habits are hard to break and if your listening habits are as bad as most people’s are, then there is a lot of habit breaking to do in this area.
* **BE AWARE OF TIME SPEAKING** – Ask participants to be aware of the other participants and to make sure they do not dominate the conversation. Let them know how much you value their contributions, and that it is important that each person has the opportunity to have equal time to speak.
* **NO ATTACKS PERMITTED –** Reinforce that this workshop is a valuable opportunity designed as a recognition of the profound challenges they face, and that this workshop is being provided to give them a safe space to have important conversations. Attacks on one another will only be destructive and will take away this chance to value and understand one another.
* **LISTEN, ENGAGE AND INCLUDE** – Even though as the facilitator you are taking a neutral stance, you need to stay alert, listen actively, and remain interested and engaged. This sets a good example for other participants, and also means you are always ready to intervene in facilitative ways.
* Is everyone engaged? If not, think about how you can bring them in? How can you get better participation? It is important for group members to understand the difference between involvement and participation. Involvement is simply the act of being in something. Participation is best described as being actively involved. Let them know that for a group to be successful it is crucial that they are not just involved but ACTIVELY involved.
* Aperson can express as much or as little as they are comfortable with**.** Speak only to your comfort level. It is important that everyone agrees there will be no repercussions when one speaks their truth.

**INTERVENTIONS: KEEP WORKSHOPS POSITIVE**

* As a facilitator, the most difficult types of intervention are those involving conflict, anger and disagreement.
* Remembering your role, it's important to focus on the needs of the group, while considering the feelings and position of both parties involved in any disagreement.
* Be on the lookout for people who aren't participating fully. Questions to ask yourself are: Are they experiencing discomfort? What is the source of the discomfort? What can you do to bring them into the conversation?
* If there are obvious personal attacks, Step in and mediate immediately.
* Effective facilitators look for the least intrusive intervention first, so **reminding everyone of the ground rules** is often a good place to start. Whatever the issue, you can't allow bad behavior to continue so be prepared to take the steps necessary to stop attacks.

**DEALING WITH ANGER – CONFLICT**

When someone is angry, ask:

* What has angered you? / What has hurt you about what happened?
* What about this feels familiar?
* What do you need or want?
* Listen without interrupting. Reflect back what you hear. Stay neutral and be empathetic.

**CONFLICT RESOUTION STEPS:**

If a conflict occurs during the workshops – here are some rules and ground rules to guide you.

1.**STOP**. Don't let the conflict get worse. The less angry someone is, the easier it will be to solve the problem.

2.  **SAY** what the conflict is about. ASK - What is causing the disagreement? What does each of you want or not want?

3.  **THINK** of positive options. How could you meet each other's needs and be fair?

4.  **CHOOSE** a positive option each of you can agree on.

If you still can't agree, ask someone else (the facilitator) to help resolve the conflict.

**RULES:**

https://lh6.googleusercontent.com/Lirw6MGY7HoAVgRxMFc-Iumv7k9qmAR3H0zjQa048Q-r796WZ8BdgV9NMRyOw7orPBnaAVa4cF0CCEihEkWcyae_vCEtApvGGadrVW9FrwUzepbkqBo  Agree to resolve the conflict.

https://lh3.googleusercontent.com/pWE-YJCFfdc-l_Rv3YSdpFRRvAF5DJb2pxVNsRoCFV8yymxanLECDc_3jENz2IrNHI5vfmh9XN4sZdW2nw834oma4egOONe6kp7x63eulMQgtDHeBEI  No name calling.

https://lh6.googleusercontent.com/EbcwZ4l2mC57T8fGBIl9rewC2u5a_Ho5WB54STDY0jvVGdVZenML9f7O_k2aexO1R1OOp-dRxvSge8641hHxj2U6GWzICVOQOLUsyP7Tb_M9s2niz0I  Take turns talking. Don't interrupt.

https://lh5.googleusercontent.com/hvDYHl5EEhoxCsEsmraec2poQCuoWGkmX2HFe2N8R5AIKCbgkEnmVZbGHISj16RBm6EX2FzpXBu_0hbrvAPXt6y6OlE-FICnltrf1olfogJjML5wzxI  Be clear and truthful about what is bothering you and what you really need.

https://lh5.googleusercontent.com/6K-pfEQN8ZnqSVhQKYrl0RDKAnevLV6YMupkCxom_18KbN9F6b5wyQo63fZSJ5vfBDNVgalhTivALQ2wlm2LvrLGrV7D5fpI4WQ6v4ofcqMh5AVdpSI  Listen to the other person. Be sure you understand how he or she sees the problem.

https://lh3.googleusercontent.com/Lcv5iKdY676gNXNmKj8LdHArpk661Ouo1h3Gt5P0WCnXCWTaVBA33bW_RlbQ5X6GiNAI6a9A2UGBfsUTw5WBawhtO-flIx69rwNSgulaHklre9v2QE0  Use your brains, not your hands.

**FOLLOWING WARRIOR SPIRIT GAME PLAY:**

* You might want to have an open discussion regarding anything anyone may wish to discuss about anything that came up during the workshop.
* A creative way to open up this discussion might be:

To ask participants to say a word which describes the experience they had during the workshop. You can also ask if there was anything that came up that they would like to have the whole group talk more about. You could ask the group if each participant will say one or two sentences about their experience.

* Another creative way to open up discussion is to write emotions on separate folded up sheets of paper (ie: on one piece of paper the word **anger**, another the word **fear**, another **joy**, another **love**, another **power**, another **truth,** another **freedom –** and then have each person choose a folded up piece of paper and talk about how that word relates to the experience they had during the workshop. Feel free to use whatever words you would like.

**EXPECTED OUTCOMES**:

* Decreased feelings of depression, anxiety and isolation.
* An overall increase in social/emotional well being.
* Better understanding of the adjustments and changes participants need to make in their relationships, greater understanding of one another and greater motivation in general.
* Discover new and expanded ways of relating.
* Decreases in acting-out behaviors.
* An increase in positive and effective communication.
* Feelings of belonging, support and closeness with one another.
* Greater desire to engage with one another in positive ways.
* Decreases in incidences of conflict.