

Group Nutrition Education Observation Guide

Agency _____ Group Title _____

Staff Name _____ Language/Group Size _____

Some skills to listen and watch for:	Observations: Specific examples you heard or observed
<ul style="list-style-type: none"> ▪ Opens the session ▪ Spirit <ul style="list-style-type: none"> ✓ CARING ✓ Displays positive energy and relaxed, open body language ▪ Involves the group <ul style="list-style-type: none"> ✓ Accepting and non-judgmental of all view points ✓ Allows time for everyone to talk ✓ Participate or be silent by choice ✓ Pauses for answers ✓ Asks group to respond to questions before providing info ▪ Affirms participation ▪ Asks open-ended questions about participants experience or ideas ▪ Summarizes or reflects ▪ Keeps the session on topic ▪ Closes the session ▪ Other: 	

Self Reflection / Providing Positive Feedback

These questions can be used by the facilitator for self reflection after group nutrition education, or can be used by an observer to debrief with the facilitator when providing positive feedback after a session.

- ▶ How do you feel the group went?

- ▶ What do you think went well?

- ▶ What might you do differently next time?

- ▶ What was the most challenging part of the facilitation?

- ▶ What did you do to prepare the environment?

- ▶ What changes, if any, did you make to the group outline? Were session objectives met?

- ▶ How were participants involved in your presentation? How did you introduce the topic to your participants?

Additional Positive Feedback for Observers to Share:

- ▶ Here are some examples of things I saw or heard you say.....

- ▶ Offer any other affirmations on what you observed