

Explore – Offer – Explore Activity

- ❖ Allows the facilitator to tailor information offered based on what participants in the group already know
- ❖ Use this technique to share information in a way that encourages further group discussion

Key elements:

1. Explore: Ask what the group has heard about the topic
 - Encourage multiple voices – “What else?” “Any other ideas?”
 - Consider capturing ideas offered (whiteboard or chart paper)
2. Offer: Offer information in a neutral, nonjudgmental manner
 - Once you have heard from them, if there is additional information to share, ask permission to offer first – “Can I share some information?”
 - Offer from a professional viewpoint, avoiding “I think...” or “You should...”
 - Keep information short and to the point, offering no more than 2 to 3 options
 - Emphasize choice - “I recognize that it is your choice to...”
3. Explore: Ask about their thoughts, feelings or reactions to the information that was offered.
 - Affirm participation and accept their thoughts neutrally

Facilitation Method



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Some examples:

Explore:

“What have you heard about..?”

“What are some things you already know about..?”

Offer:

“The WIC program suggests...”

“The American Academy of Pediatrics recommends...”

“What we generally recommend at WIC...”

“Other parents have found...”

Explore:

“What do you think about this information?”

“Based on these ideas, what could you see yourself doing?”

“If you made a change in this part of your life, how might that impact you or your family?”

Your thoughts:

