

HUMAN HOUR

FACILITATOR'S GUIDE

Overview

This guide is intended to support you in facilitating your very own Human Hour. We want you to be able to make this session your own, so please feel free to adapt the session as you see fit. Our only ask is that you respect the rules of Human Hour and ensure that everyone receives equal air time. A good facilitator is not the sage on the stage - they are the guide on the side. They create the space for connection, facilitate in a way that allows everyone to share, and enable quality questions to be explored collectively. Good facilitation is a practice and we only get better at it the more we experiment with it. So don't worry if this is a new role for you. Look at it as an opportunity to enhance your skillset. Good luck!

Step 1 | Welcome & Set the Tone (5 minutes)

This is your opportunity to make it personal. Share the story around why you created your own Human Hour and why it's important to you right now.

Make sure you reiterate the Rules of Human Hour:

- It is always free and available to anyone
- If you commit, you show up as spaces are limited
- Be unashamedly you, we don't do human filters
- All ages welcome. Diversity is part of the magic
- If you want to sell or self-promote, Human Hour is not the space to do it
- Fear mongering is not allowed. There's already enough of that out there
- We have two ears and one mouth, and we use them in that proportion to allow everyone to have a voice
- All distractions should be turned off or on silent mode during the session
- Laughter, gratitude and kindness are encouraged

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- We will not tolerate any toxic behaviour that is offensive or discriminatory in any way

Allow people a moment to turn off or shut down anything that may distract them from being fully present.

Step 2 | Connect the Room (Allow 15 Minutes)

One of our favourite exercises is what we call, **"Who Are You As A Human Being."**

Depending on the size of your group, here are some suggestions on how to run it in an online session.

First up, share with your participants that the objective of this session is to share who you are as a human being. There is only one rule. You can't talk about what you do for work because your work does not define you.

Option 1. Small Group 2 – 6 people

Allow everyone 2 minutes to share who they are as a human being. Be sure to provide the time limit so you can manage everyone's expectations and contributions.

Option 2. Larger Groups 7 – 10 people

Allow everyone 5 words to describe who they are as human beings.

Option 3. Larger Groups 6 – 10 people

Use the breakout room feature to partner people up in a Zoom call. Give everyone 5 minutes to exchange who they are as a human being and then bring the larger group back together. Have each person introduce who their partner is as a human being.

Step 3 | Share The Happy (Allow 10 Minutes)

This exercise is about bringing a little joy into our day by bringing attention to and celebrating the things that make us happy.

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Ask each participant to grab their mobile phone and find a photo of something that makes them happy. The photo can be of anything at all. Give them a minute to do this.

When everyone has selected their photo, ask each person to share their photo, what it is of, and why it makes them happy.

We have done this exercise with thousands around the world. We have found that more often than not, happiness is found in one of the following places. Feel free to share this diagram with your participants and ask them to consider how might they be able to bring a little more of these things into their everyday. You could even have the group share any ideas they have or what has worked for them in the context of the current social distancing scenario.

WHERE IS HAPPINESS FOUND?



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Step 4 | Choose Your Own Exercise (Allow 20 minutes)

For this exercise, we wanted to provide a couple of options for you to consider. At this stage of your session, it's likely you will have a feel for what might work best for your participants. Equally if you have your own idea for a 20-minute connection exercise that cultivates kindness, courage or gratitude, feel free to use it here. If your idea works well, we'd love to hear from you. Please share it with us via email at hello@bkindred.com so that we can add it to the list of options below for others to use.

Option 1. In The Future

For this exercise, give your participants 5 minutes of self-reflection time to complete the statement: "*In the future...*"

The only caveat is that we are not looking for dystopian views of the future. We are looking to direct our mindset towards painting a picture of possibility.

Once everyone has had their time to reflect and note down how they would complete their statement, go around the room and allow each participant to read their statement.

Once everyone has shared, allow for a discussion around what came up with, why people feel the way they do, and any opportunities to enable positive action.

Option 2. One Change

For this exercise, ask participants to silently reflect for two moments on the following question:

If you could change one thing in the world right now what would it be... and how might you do it.

Once everyone has had their time to reflect and note down their change, go around the room and allow each participant to share. Once everyone has shared, allow for a discussion around what they came up with, why people feel the way they do, and any opportunities to enable positive action.



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Step 5 | Gratitude (5 minutes)

Go quickly around the room, and ask each person to share one thing they are grateful for at this moment in time. It can be anything. You might even want to encourage people to express gratitude for a moment that resonated with them, or a person who showed vulnerability and made an impact during the session.

Step 6 | Thank You

- Take a moment to thank your participants.
- If you like, provide them with a means to contact you and provide any feedback that may help make your next Human Hour even better.
- Encourage them to run their own Human Hour and direct them to humanhour.co to access all the free resources to make that happen
- Share if you are hosting another session and how they can sign up