

# REALTALK DISCUSSION AGENDA

Below is a sample discussion agenda. Except for Divorce and Grief, it can apply structure to any REALTALK discussion group. The questions can be completed as a group of two or more.

## Adviser duties:

- Oversee Team Leader prep and duties.

## Team Leader prep:

- Select a quote.
- Select a discussion question and prepare your answer to share with the group.
- If co-presenting, decide on roles and begin practicing facilitation skills.
- Decide on where you will host the group and make sure space is appropriate for attendees.
- Market the REALTALK group for greater attendance (e.g. posters, announcements, etc.).

## Team Leader duties:

- Welcome the group and encourage participation.
- Read aloud the quote.
- Discuss the quote's meaning and how to apply it to daily life.
- Present the discussion question that was selected by the Team Leader(s).
- If no one wants to go first, Team Leader(s) will share their answer(s) to the question.
- Guide the group through the discussion and encourage all attendees to share.
- Identify/practice the life skill(s) learned/taught during the discussion.

## Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next REALTALK group and encourage future participation.
- Remind the group to practice the life skills learned in today's discussion.
- Leave the room as you found it.
- Debrief with Adviser(s) on how the group went (e.g. sharing went well, improvements for next time, etc.).