# Facilitator Observation Sheet

Session-Based Reflections for Bridge-Building and Civic Balance

## Group Dynamics

Facilitator Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session Title/Topic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group Name or ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Overall energy and engagement during the session:

☐ Low  ☐ Moderate  ☐ High

Group cohesion:

☐ Fragmented  ☐ Somewhat connected  ☐ Strong sense of connection

Level of safety and trust in the group:

☐ Tense or guarded
☐ Mixed (some openness, some resistance)
☐ Open, respectful, and trusting

Examples of moments that shifted energy or built connection:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 2. Participant Behaviors & Contributions

|  |  |  |  |
| --- | --- | --- | --- |
| Name / Initials | Notable Contributions | Evidence of Listening or Perspective-Taking | Emotional Tone or Shifts |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

\*Use additional sheets if needed\*

## 3. Signs of Civic Learning & Growth

Check all observed:

☐ Expressed empathy toward someone with different views

☐ Asked a sincere question to understand, not to debate

☐ Changed a position or softened language after listening

☐ Acknowledged complexity or nuance in the topic

☐ Voiced personal reflection or growth

☐ Took initiative to support others in the group

☐ De-escalated a tense or polarizing moment

☐ Expressed desire to take learning beyond the session

Notes/Quotes or standout moments of growth:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 4. Polarization Triggers or Challenges

Were any triggering or polarizing comments made?

☐ Yes  ☐ No

If yes, describe briefly and how it was handled (or could have been handled better):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant(s) who struggled most to stay balanced or engaged:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 5. Facilitator Reflection & Follow-Up

What worked well in this session?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What would you do differently next time?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participants who may need extra support or follow-up:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Suggested practices, check-ins, or next steps for this group:

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