

PROCESSING SPRINGBOARD EXERCISES

Processing: *Leading a discussion and/or making observations about a completed exercise in order to gain greater awareness and learning from the experience.*

- Processing effectively is a difficult skill to acquire and will take time and effort to master.
- You can begin processing in one of four ways:
 1. Ask questions: “What did people think about that exercise?” is often a good place to start.
 2. Make comments and observations about the experience
 3. Ask questions and make comments in combination
 4. Neither ask questions nor make comments
- As you process, maintain an awareness and understanding of why you chose to do this exercise and what you wanted to get out of it.
- Don't “overprocess” or “underprocess.” The window of the group’s attention is always on the way down. Use jokes and questions to extend the attention of the group.
- Stay open to the unexpected. The more you overcome your resistance and the more experienced you become at working interactively, the better you'll be at staying open to what happens, understanding what you see, and being able to use the actual experience that the group goes through to get positive movement in group dynamics and gains in productivity.