



# A Handbook of Interactive Exercises for Groups

*Constance A. Barlow, Judith A. Blythe, Margaret Edmonds*

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This book is for anyone who has ever volunteered to lead a seminar or run a workshop, or for anyone who has ever been cajoled into chairing a meeting or leading a group. Novice facilitators may recognize the anxiety that accompanies the first encounter with an assembled group. Even seasoned veterans often wonder how to excite and engage their audience more effectively and more often. The exercises in this book will deliver these results. Designed to be used in a variety of settings, these exercises will benefit all professional and personal organizations, from business meetings to adult education seminars to therapy groups. They may also be adapted for use with various age groups, ability levels, and diverse backgrounds. In order to meet the needs of busy facilitators, the exercises are written in simple, accessible language, and delineate clear objectives, materials and time required, as well as optimal group size. Even the implementation of just 3-4 exercises will lead to improved group performance and enjoyment. An entire section is also devoted to evaluation, and how to implement creative formats for evaluating groups. Social workers, rehabilitation counselors, criminologists, psychologists, nurses, educators, human resource and business managerial staff, community leaders.

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