

# Faces of Help

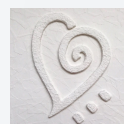
Resources  
for Leading a  
Digital Stories  
Discussion



## Discussion Leader's Guide

Care Beyond Cure invites you to use this  
*Faces of Help* Leader's Guide.

Enjoy the stories; perhaps tell your own story!



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## Introduction

Care Beyond Cure (CBC) is pleased that you are interested in leading a discussion about the *Faces of Help* stories. Thank you for taking this first step in sharing the stories. It is important to remember that they are to be used as **conversation starters**.

We are confident that you and the participants will be moved by the personal, from the heart stories.

You will find that participants when moved by the stories may immediately want to share their own experiences. Additionally, they may wish to organise a screening with family, friends, neighbours, or wherever they work, volunteer, learn, pray, or play. If so, our goal of sharing the stories broadly will have been achieved.

*Faces of Help* contributors, wrote and narrated their own stories. They also learned how to storyboard their photographs and videos with an editor bringing it all together. Each one tells a personal experience of either giving or getting help related to caregiving, dying, or grieving.

The sixth video is fully completed by a *Faces of Help* contributor as part of the facilitator training. It demonstrates editor skills with the end film highlighting what is achievable for anyone participating in one of CBC's ongoing community workshops.

This Leader's Guide has been prepared to help you have a successful, thoughtful, group conversation.

## How to use the stories with groups

Talking with others about caregiving, dying, and grieving can often be difficult. Providing opportunities for people to do so can be helpful.

To encourage these conversations, CBC invited individuals to share a personal experience which in turn can help others have meaningful conversations. The stories are best used for that purpose in small group discussion.

We want everyday people to have conversations about such important issues in their lives.

Stories invite a listener to think and feel what the storyteller has felt, and they often give the listener a chance to tell a story of their own. We see it often around a dining room table, a coffee shop, or a staff room. The exchange of stories brings them a bit closer together. In a group, members often hear of new ideas from others and realize that others have had similar experiences. And they remember the stories long afterwards. That is the beauty of a story.

## What is expected of you as the group leader?

Your role is to **organise** a viewing of the videos and **lead group members** in an enjoyable conversation. This is what you are essentially being invited to do. So, enjoy the stories and help each other have an important conversation.

## Tips to prepare for a successful discussion

Here are a few suggestions for having a positive discussion. In pilot groups conducted, leaders found these tips to be helpful:

- View each of the stories, become familiar with the storyteller's message, some may have more than one, and choose which 2-3 of the 6 stories you will use in a 90 minute session. (a 90-minute session viewing up to 3 videos and discussing each one separately may work best, but you can adjust to the participants' need.)
- Choose a comfortable location, arranging for participants to sit in a circle where they can all view the stories together on computer or TV monitor.
- Recruit 6-8 participants. (People often like to know someone who will be in the group.)
- Explain to potential participant what is being offered, why, and details on how the session will unfold.



- Prior to the session, choose 2-3 questions you may use to start the conversation. For example,

“What word or phrase best describes what you thought of, or felt, while watching the video?”

“Have any of you had an experience similar to that of the storyteller?” or “What message do you think the storyteller wished to convey?”

### **At the group session**

Welcome the participants and have them introduce themselves. You might ask each one why they decided to attend.

- Remind the participants of the purpose and the expectations of the session.
- Watch the time, and comfortably move the conversation along.
- Try to make sure that each person has a chance to talk.
- Offer support if someone becomes very emotional. Sometimes a moving video will bring a person to tears. Don't put any pressure on them to talk. Offer them an opportunity to take a time out to briefly leave the group, if they wish. (In pilot groups offered, participants were very kind and supportive of each other, and they reported feeling safe to share their personal story.)

**Note: If you will be leading a session online, such as via Zoom, check:**

- everyone has the right device (tablet, iPad, computer, laptop)
- people know how to access on-line and use their camera / video.
- people are in a quiet, safe space.

Included in this Guide is a sample agenda. Please feel free to adapt it with the group you are leading.

A transcript of each story is also available on the website for anyone who would like to read the stories.

We hope that this Guide will give you confidence in leading a successful conversation. If you would like to talk with someone who has already led a group, please contact [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

CBC would appreciate getting feedback from you and your participants on your experience of discussing the stories. Please invite everyone to go to the *Faces Of Help* Digital Stories web page on CBC's website and click on the Digital Stories Evaluation link to complete a short electronic survey.

### **Other Care Beyond Cure initiatives inclusive of death and grief literacy**

Please invite participants to check out CBC's website, [www.carebeyondcure.com](http://www.carebeyondcure.com)

The establishment of the Tender Funerals Model of Care across lutruwita/Tasmania is a key project of CBC's compassionate communities work.

For information on Tender Funerals 3genTS and Tender Funerals Tasmania please invite participants to visit [www.tenderfunerals.com](http://www.tenderfunerals.com)

Thank you for hosting and helping to progress conversations and the sharing of experiences.

'Cover Photo by Bernadette Camus Photography'



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# Sample Agenda

## *Faces of Help Discussion*

- (10 min) 1. Welcome and Introductions
- (5 min) 2. Confirmation of the purpose and expectations of the session
- (5 min) 3. Story # 1 .....
- (15 min) 4. Discussion of story #1
- (5 min) 5. Story # 2 .....
- (15 min) 6. Discussion of story #2
- (5 min) 7. Story #3 .....
- (15 min) 8. Discussion of story #3
- (10 min) 9. Invite participants to comment on their overall experience of participating in the group discussion.
- (10 min) 10. Request that participants share feedback with Care Beyond Cure

Thank you for attending!

