

Ridge Group Leader - Engagement Team Lead Module 2 – Connect with Group Members Relationally, Emotionally, and Spiritually

Core Competency 2

Connect with group members relationally, emotionally, and spiritually.

Read, Watch, and Reflect

Read

Read Ch.26, “Listen”, p.152-157 from the book, *Making Small Groups Work*

- Be prepared to practice the concepts of active listening, empathy and validation in your huddle.

Read [pages 4-7 in the document, “Tips for Leading Your Group Well”](#)

Watch

Watch this video on empathy:

<https://www.youtube.com/watch?v=1Ewgu369Jw>

- What stood out to you about the video?
- Which of the 4 spiritual stages would describe yourself currently?
- What is your next step in growth based on the Engagement Pathway?
- Think of a person in your group. What spiritual stage are they in? What would be their next step in growth based on the Engagement Pathway?
 - Reach out to your group member and encourage them to take that next step. Journal how it went.

Exercise

Identify a family member or friend who needs support. Take the time to listen to them. Journal how the experience was for you.

Discuss

Think through how you would answer these questions. Your mentor will guide you through these.

- Active listening, the ability to let the other person know you understand them by restating their message, is an important part in connecting with others.
 - In your huddle, choose a real issue going on in your life right now. Pair up and practice active listening, alternating being the facilitator/listener and group member/talker.
- Empathy is placing yourself in someone else’s experience and reality and includes how the person is feeling in that situation.
- Continue discussing the real issue in your life. As the facilitator,

- Be present in your nonverbal cues, such as nodding and facial expressions.
 - Validate, see the person's reality as real and true, and express what they were feeling during their situation.
- Debrief the exercise.
 - Did you feel understood?
 - Did the other person feel understood?
- Talk about your experience of encouraging your group member to take their next step in spiritual growth.
- Talk about your experience of listening to your family member or friend. What did you do well? What can you improve?
- What are some ways you can foster connection with your group members outside of group?
- What are some challenges to connecting or fostering connection?
- How can we overcome these challenges? How can we help each other?