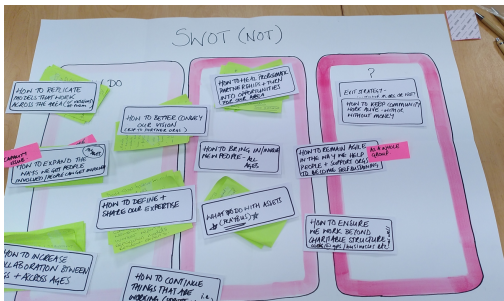


THE SWOT(NOT)

- Organises and prioritises problems to makes them more manageable
- Identifies which problems we have capacity to solve independently, and which ones require external support
- Is solution focused but realistic
- Requires listening to each-others reasoning and ideas

You will need

A big piece of paper with three columns named: Can do / Could Do / ?
 Post its / sharpie or thick felt-tip pens
 Rectangular pieces of paper or card (about the size of a brick)



Process

- 1) Individuals in a groups identify a number of issues and jot down on post-its
 - 2) Then together group the problems that are related
 - 3) Describe the overall problem as simply as possible on a piece of card
 - 4) Discuss each problem and allocate it to the: Can do / Could do / ? Column
- Can do= A problem you know how to solve
 Could do = A problem your group could solve if you put your mind to it
 ? = A problem you have no idea how to solve, and need external help with

Time: Between 30 – 60 mins

The SWOT (NOT) was developed by Just Ideas & Wild pear CIC

THE MARGOLIS WHEEL

- Gives individuals the opportunity to discuss real problems they face or will face and generate potential solutions
- Emphasises equality in power and authority with the group
- Encourage participants to share problems and actively seek experiences and suggestions from each other
- Highlights that we all have relevant and valuable experiences.

You will need:

Six or more chairs arranged in reach of two concentric circles, the inside ones facing the outside. It is important to have an even number of chairs

A watch or electronic timer

Object to make a noise, e.g. cup and spoon

Pens + paper for notes



Process

- 1) Ask participants to identify a particular problem they face (Where the group is struggling with something collectively, participants could each identify one aspect that is important to them).
2. Ask participants to sit in any seat. Instruct that those sitting in the outside circle will be the 'consultants' or solution suggesters. Those sitting on the inside facing out will be the 'clients' or problem-presenters. Explain that each pair has three minutes to discuss problems and potential solutions.
3. After 3 minutes, the outside circle rotates by one chair, bringing a new consultant to face each client.
4. Give another 3 minutes for discussion. This continues until all consultants have spoken to all clients.
5. Then give 2 minutes for all clients and consultants to write down a summary of problems and solutions.
6. After this is complete the clients and consultants change circles and reverse roles. The exercise is repeated.

Time: Up to 45 minutes

Note

This exercise is best used when there has been prior discussion of problems and constraints. It is important that individuals do write down a summary of the problems and potential solutions. These can then be used in a follow up discussion, such as in the elaboration of detailed implementation or action plans.



Adapted from the original version by Alan Margolis, Hampstead Training