Business School
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THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

Creating Out Loud: Building community (Easy Read)

Overview – Building Community

Purpose – What are we doing today?

This meeting starts our circle.

We will do two things:

1. Help you begin to explore your goals.

   - Goals might be personal.

   - Goals might be about your work in the arts.

2. Get to know people in your circle.

Agenda – Our meeting program

Activity	Timing (60 minute meeting)
1. Being here	
1.1 Acknowledgement of Country	5 minutes
1.2 Say hello	10 minutes
1.3 A creative person	
2. Personal reflection – Knowing yourself	
2.1 Getting to know our group	5 minutes
2.2 Daisy model	15 minutes
3. Group discussion – Building relationships	20 minutes
4. What next?	5 minutes

1. Being here

1.1 Acknowledgment of Country

The facilitator can say:

"I acknowledge the Traditional owners of the lands where we work and live."

"I pay my respects to Elders."

"I acknowledge any Aboriginal or Torres Strait Islander people meeting here today."

1.2 Check in – Say hello to the group

Everyone sits in a circle.

Take turns to:

- Say your name.

- What do you do in the arts?

- If you have been before, tell your group about what you have done since the last session.

1.3 Check in – A creative person

Take turns to answer:

- Who is the most creative person you know? Why?

2. Personal reflection – Knowing yourself

2.1 Getting to know our group

The facilitator can say:

We are going to do **peer coaching**.

Peers are people like ourselves.

Coaches help people meet their goals.

Peer coaching:

- Builds relationships.

- Develops **self-awareness.** That means getting to know about yourself.

We will do these things.

- Tell other people in the group about ourselves.

- Listen carefully.

- Empathy.
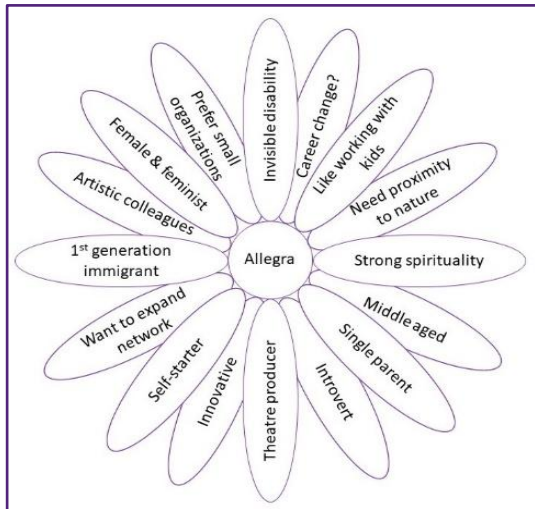 We will find out how someone else is feeling.

- Give and get feedback.

- If we disagree, we will talk about it.

- Manage our own behaviour

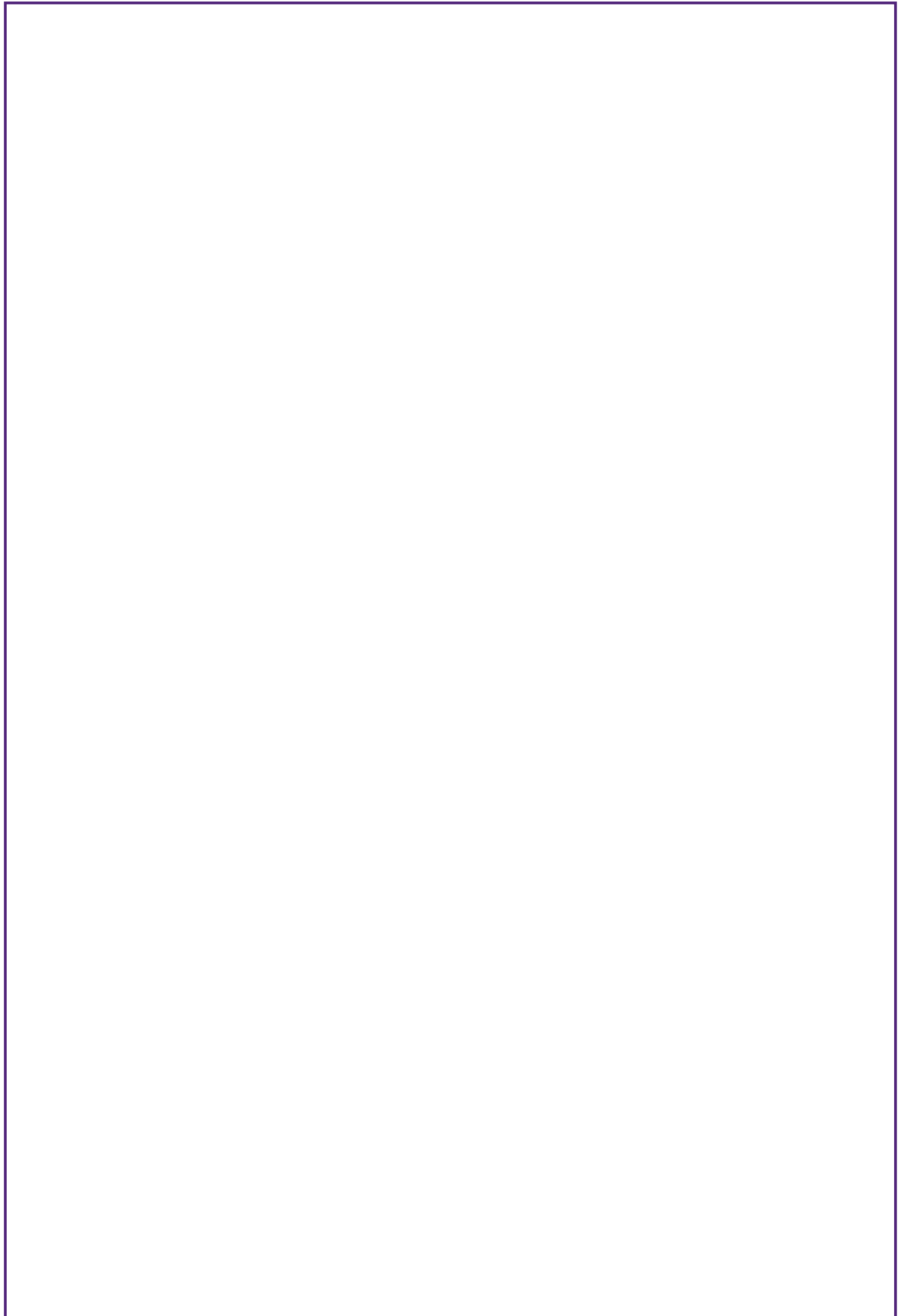## 2.2 Daisy model

Thinking by yourself

1. Draw a small circle in the space on the next page. Your support person can help.

2. Think about what you would like to achieve in the group.

3. Write this in the centre of the circle. If you can't think of something, write your name.

4. Draw some large petals around the circle.

5. Write about yourself in each petal. These might be your hobbies and interests.

Later, you will tell people about your daisy.

These are some ideas

- what you do to relax

- things you like to do

- art you have done before

- ways you are creative

- people who inspire you

- your goals as an artist

3. Group discussion – Building relationships

Sharing your ideas

Tell others about what you wrote on your petals.

It is ok if you don't want to talk about some of your petals.

You can keep those a secret.

Listen deeply to others.

This means:

- Focus on the speaker

- Pay attention

- Don't interrupt

- Listen to learn about others.

- Ask questions to find out more. People don't have to answer.

- Be kind to people who share tough or difficult things.

Listen for things that are the same.

- Common interests and ideas

- Concerns shared.

4. What next?

Do something after the meeting.

Things you might like to do:

- Choose a specific goal about art to work on.

- Think about ways to be creative.

- Think more about your 'daisy' drawing.

- Think how you can help others in the group with their art goals.

Next meeting you can tell the group about what you have done.
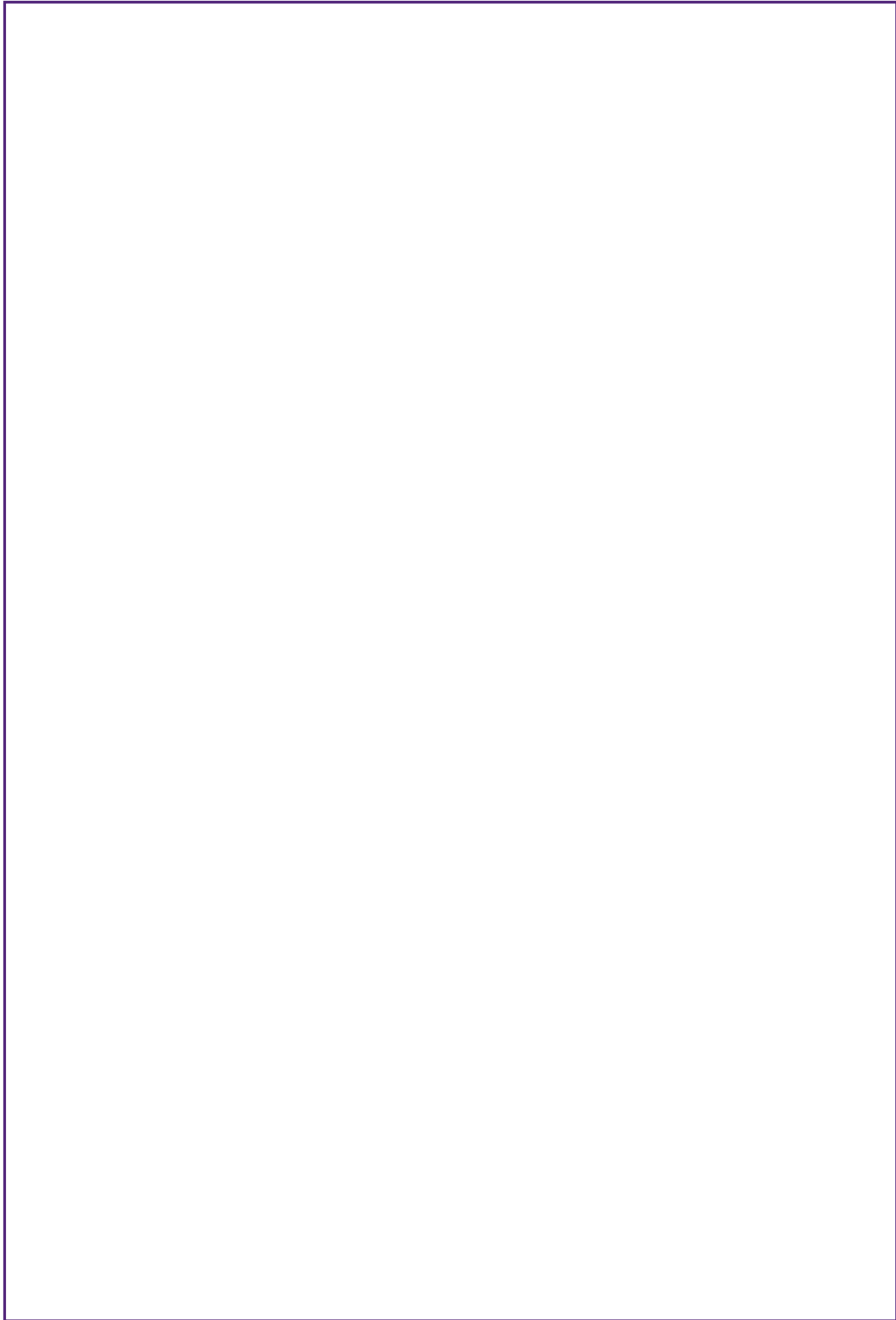
What one step will you take before the next meeting?
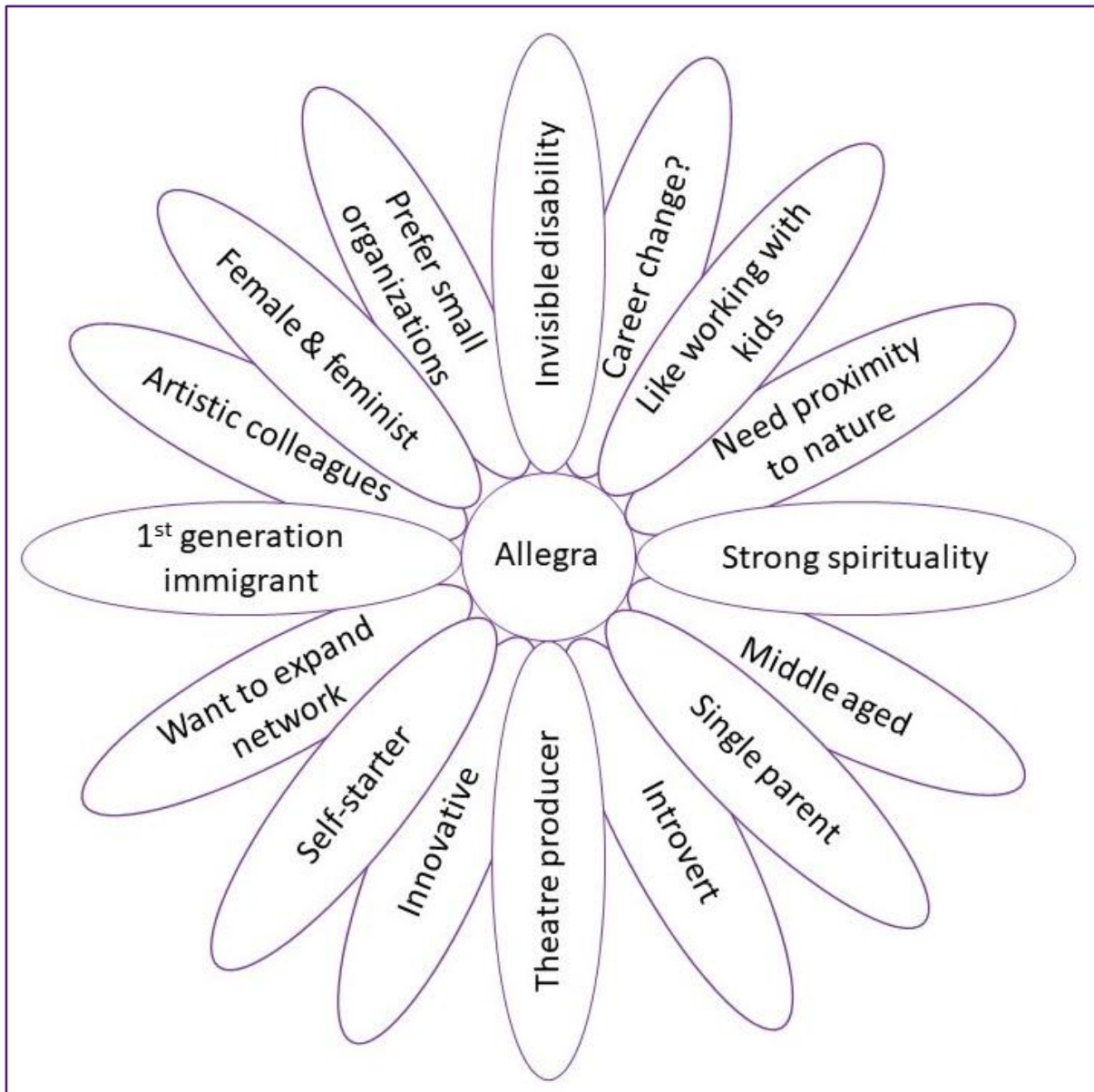
Tips:

How to achieve a goal:

- Choose one thing.

- Write it down. You can use the space on the next page. Your support person can help.

- Tell the group.

Even small steps help you work towards your goal.

Additional Resources

Sample daisy

NOTE: Allegra doesn't have a specific goal she wants to work on at the moment. So, she put her name in the centre of this daisy. She will probably share only some of those petals with her circle. She can choose what she wants to talk about.

More Discussion Guides

Discussion Guides on other topics related to arts and culture can be found at: https://creatingoutloud.business.uq.edu.au/

Acknowledgements

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This Discussion Guide was prepared by Dr Kate Power, as part of the "Creating Out Loud" research project.

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Dr Power thanks each of the participants in the Creating Out Loud project, whose feedback has contributed to the design of this Guide.

The opinions in this Discussion Guide do not necessarily represent the views of The University of Queensland, funding / industry partners, or the individual members involved in the reference groups.

About Creating Out Loud

"Creating Out Loud" is an 18-month Industry Research Fellowship funded by the Queensland Minister for State Development, Tourism and Innovation, under the Advance Queensland Industry Research Fellowship program.

Creating Out Loud was developed to support Queensland's artists and arts managers as they recover from and rebuild business, artistic, and cultural practices following the COVID-19 pandemic.

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This guide includes links to various web material. All links were working at the time of publication. Please note however that these links may become outdated over time.

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