**Resources:**

Chart or poster paper

Post It Notes

Markers, Pens, or Pencils

**Purpose:**

For participants to refer to prior knowledge of previous levels of time & energy needed with a decision-making group and the factors that contributed.

**Approximate Time:**

10 – 15 minutes

**Directions:**

1. On a piece of chart or poster paper, draw a horizontal line across the middle of the paper. Label the horizontal line “Energy”.
2. Draw a vertical line on the paper and label the Y-axis “Time”.
3. Make sure each participant has Post It Notes. Have each participant think of at least one (1) example of a decision-making group they’ve been on. Write each example on a Post-It note.
4. Now have participants think about the amount of time the spent on the group. Was it a lot, very little, or just right?
5. Now have them think about the amount of energy their participation on the group took. Was it a lot, very little, or just right?
6. Ask participants to place their example(s) on the graph based on their reflection.
7. Ask:
   1. What do you notice about the examples on the graph?
   2. What do high energyor high time commitment groups have in common?
   3. What do low energy or time commitment groups have in common?

**Modifications:**

Facilitators can ask online workshop participants to share one example using the chat box.

**Resources:**

Value of Volunteers - <https://www.independentsector.org/volunteer_time>

University of Oregon – Holden Leadership Institute - <http://leadership.uoregon.edu/resources/exercises_tips/skills/understanding_group_process>

Slide 022