

## **Small groups**

Each day, participants at Worldwork met together in groups of around 15 people, with two facilitators from the staff team.

The experience of the groups was very different from each other. One facilitator wrote that her small group's exploration was moving and deep.

The group was very fluid, which made many things were possible. Some of the things that happened were:

The group continued processes which had come up in the large group, moving them on so that individuals were able to explore their personal connection with those issues. For instance work in the large group about colonizers and the colonized continued with one of the German participants releasing a lot of pain around the holocaust and the group connecting closely in support of him.

They were able to bring into the group some criticisms about Worldwork, the facilitation, and feelings of lack of safety. Processing this in the group enabled people to go beyond their own inhibitions about taking personal leadership and speaking out with the result that they felt more empowered and willing to bring up issues and make suggestions in the large group.

The group held some individual processes very strongly and with compassion, and joined in each other in many different ways of relating: in words, in movement, music, singing and touch. People shared very deep stories and experiences about death, illness, loss, racism and abuse. Some of this was facilitated by one person in the group confronting another, which for a while was very painful for the one confronted, but this brought out many feelings for others. There was a very loving connection.

Every member was able to open up and speak very personally including those who were quiet.