

Outline for Conducting Facilitated Group Discussions

What is needed to conduct a FGD with the video?

You will need:

- A copy of the video titled *Beyond Nutrition Counseling: Reframing the Battle Against Obesity*
- A copy of the Discussion Guide
- A trained facilitated group discussion leader

Special competencies or skills required?

A successful facilitated group discussion requires a well-trained facilitated group discussion leader. Trained leaders will create a comfortable atmosphere for discussion while encouraging full participation of all members of the group. Other characteristics of a facilitated group discussion leader will include the ability to correct misconceptions without imposing their own opinions on the group and active listening skills allowing the leader to summarize the discussion.

Tasks and time required?

Showing the video and conducting the facilitated group discussion will require approximately 60 minutes. An additional 15 minutes should be allowed if the evaluation tools are used.

Other resources needed?

Where possible, the video will be best viewed through the use of a LCD projector and a large screen rather than on a TV if there are more than 10 viewers.