

# ***HOW TO GET YOUR GROUP TALKING***

One of the problems that you may face as a group leader is one where no one wants to talk. As the leader, it can feel like a lot of pressure to try and “fill time” or “fill the air,” and many times it can feel awkward and also discouraging to have a group where no one wants to talk. Or maybe you have a group that loves to talk, but it never gets too deep, it seems the conversations are always about ideas or surface level things, and it remains impersonal week after week. Of these situations, here are some practical things you can do to get things moving:

## ***SEVEN SECONDS OF SILENCE:***

A recent university study found that Americans can withstand seven seconds of silence before they become uncomfortable. Some leaders struggle with waiting to share and those leaders often jump in too early after asking a question. Instead of jumping in, count to seven slowly in your head and at that point you can try and reask the question. We think you will be surprised how useful silence can be to helping people engage.

## ***USE AN ICEBREAKER***

An icebreaker is an easy question that applies to everyone (Worst job you ever had? What was the best part of your week? Have you ever been arrested? What’s your favorite food? etc.). Ask one of these types of questions and then go in a circle where everyone has to share something. This helps people practice talking so that when the more difficult questions come around, they are warmed up.

## ***GIVE IT TIME***

The more a group is comfortable with each other, the more they will open up, but some groups take more time than others to connect deeply. Focus on growing in community and people will begin to open up.