

Give Me 10 Minutes and I'll Give You an HMV Program

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Topic Selection

- Gauge interests related to desired target audience
 - e.g. young men, older men, new fathers, sports enthusiasts, sandwich generation, etc.
- Early on, start with broad categories
- Engage in brainstorming to cover the largest number of potential topics
- Narrow down to those areas of most interest
 - Think about who might facilitate and his skills/interests
- Easiest to begin with an existing FJMC program with a resource book (Men's Health, Work and Worth, Spirituality, Men's Roles, Intermarriage)

Successful Themes

- Highly relatable to target audience
- Flexible enough for several sessions
- Allows for broad range of participation
- Thought provoking/fun/engaging/controversial

Creating a Series

- When beginning an HMV program, start with subjects which are easy to talk about
- Move towards progressively more personal topics over time
- Select several subtopics which relate to the larger theme
- In the best programs, each subtopic leads in some logical way to the next

Developing Discussion Questions

- Always start with the facilitator providing an introduction to the topic
- The facilitator should lead with a personal story to share
- The facilitator sets the tone
 - The more personal the facilitator's sharing, the more personal will be the group sharing
- Questions should ideally be open ended, not "yes or no"
- Use the interrogative pronouns: who, what, when, where, why and how
 - Questions that frame the issue in time
 - How something has changed over your lifetime
 - The difference in something from one generation to another
 - Pinpoint times in your life that the topic held specific meaning
 - Questions that frame the issue in impact
 - How you have been affected by the topic
 - Ways the topic has affected family, community, etc.
 - Questions which address feelings
 - What the topic has meant to you
 - How you have come to feel the way you do about the topic
 - Questions which clarify how the issue ties you to others
 - What you feel in common with others around regarding the topic
 - Where you differ from others regarding the topic

- Questions which relate to other parts of your life
- When and how the issue may affect your work, spiritual life, etc.
- How the issue affects your well-being

General Points to Consider

- The less the facilitator speaks, generally the better
- Almost anyone has the potential to be a great facilitator if he can relate to the topic on a personal level
- If you select the topic carefully, the discussion will naturally unfold
- While no one is obligated to speak, it is OK to call on someone you believe has something to add
- Having an HMV committee at your club assures several core people will be at each session
- It is OK for the discussion to move off topic as long as it amplifies involvement, but you should try to find an opportune moment to redirect to the issue at hand
- If discussion wanes, either pose another question or tell another personal story
- Enthusiasm goes a long way towards encouraging people to engage

Notes
