

# Facilitation



## What is this training about?

Facilitation training is offered in three parts:

- Introduction to Meetings: a core training that everyone should attend.
- Facilitation Training (in two parts): an in-depth training designed for those who want to be able to run meetings in a safe, accessible, and productive way. This training is offered to people after they have attended the Introduction to Meetings training.

## Format

All trainings are online via Zoom and last 1 hour and 30 minutes.

## Introduction to Meetings Training

Meetings are an important part of the XR culture, but because it's XR, we do things a little differently from what you're probably used to. Come to this essential training and you will:

- Understand how our meetings work
- See how our principles and values are reflected in how we work together
- Learn how to be, what to say and when to say it in our meetings
- Learn how to use an agenda document
- Find out about the SOS and how the movement works

## How to find and register for Introduction to Meetings Training

Sign up [via this Google Doc](#), which contains a list of upcoming dates. These sessions fill up fast so register early.

## Facilitation Drop-Ins

An opportunity for all facilitators, new and experienced, to connect with the XRUK Facilitation team for advice and assistance with their facilitation queries.

## How to find and register for Facilitation Drop-ins

Sign up [via this Google Doc](#), which contains a list of upcoming dates.

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All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [\*\*facilitation@extinctionrebellion.uk\*\*](mailto:facilitation@extinctionrebellion.uk)

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