

Journal 2

The group leader this week was very good. She was kind and spoke loud and clear for everyone to hear her. I like the way that she spoke, it was easy to understand down to earth language. She had a lot of information and knowledge to share with the group and her energy was very good. She kept me on my toes the entire time. I felt very comfortable and safe because she did not give off a mean or judgmental attitude.

I like that she did a lot of planning she stated that she had handouts which is a plus, it shows that she was thoughtful and had a lot that she wanted to share. I observed that she stated what the group was about, and the group format and structure. It is always good to know what to expect because it eases any tension or confusion. however, she did speak a lot. I loved her energy and her passion she had plenty of that, but she could have slowed down.

I did find myself wondering a bit because she spoke very fast, however like I stated before I was on my toes, she had high energy. I get distracted easily so I felt like even though she had a lot of energy I could not absorb much information very well. I also noticed that a lot of people did not really participant. That could be because they were focused on the material or could not relate to the topic at hand. I also did not retain a lot of information, because it was so much.

Overall, I like the presenter she has a natural likeability factor about her. I just think she needs to slow down more and invite the group in the discussion. It was a good session in general.