

## Session Plan (2 Hours)

### Objectives of the Session:

- Identify areas in which they find communication difficult & explore solutions
- Look at ways of approaching the subject of money with close family members
- Explore what makes communication effective
- Improve confidence in saying no
- Look at how we communicate with banks / financial institutions, and how to feel more confident in doing this

NB: Materials in *italics* are things that are NOT provided in your resource box and you will need to get yourself

	Activity	Materials	Time (mins)	Notes
1	<b>Welcome and Taste Test</b> 1 item(e.g. tinned peaches)	- <i>Food test item</i> - <i>Plates/cups</i> -A&B cards	10 (10)	
2	<b>Finishing your Money Plan</b> Handout <i>Doing a Money Plan</i> sheets (7) & (8) – reviewing spending and setting a new money plan. Talk through – and congratulate those who have completed it!	'Doing a Money plan' (7) & (8) handouts	10 (20)	
3	<b>Feedback re: Debt Scenario</b> - How did it go? <b>Lead into discussion-Talking About Money</b> Do we think it's important to talk about money with our partners, family or friends? Why/ why not? What can it achieve? What stops us? If needed, use ideas on <i>Talking About Money</i> cheat sheet.	- 'Talking About Money' cheat sheet	10 (30)	
4	<b>Learning From Our Experiences of Talking About Money</b> Split into two groups and get one group to list top tips around positive communication and one to list things to avoid when communicating. If group gets stuck, ask them to think of good/bad conversations they have had around money. Gather together at the end and feedback at the end. Use <i>Effective Communication</i> cheat sheet to prompt.	- <i>Flipchart</i> - <i>Pens</i> -'Effective Communication' cheat sheet	15 (45)	
5	<b>Discussing Saying 'No'</b> Discuss with the group: How do people feel about saying 'no'? Does this change when it comes to money? Is it harder to say no to people we know e.g. friends & families, or people you don't know e.g. banks, lenders etc?		5 (50)	

6	<p><b>Practicing Saying No</b> Use the <i>Saying 'No'</i> exercise. Split into pairs and give each pair an envelope with scenarios in them. One takes the role of asking, and the other has to say 'no'. Give them 2 mins to practice the conversations. Then repeat exercise swapping over so the other has chance to say no. Feedback how it felt. If useful go through the <i>Saying 'No' Exercise</i> cheat sheet – on the back of this sheet are ideas about how we might get better at this.</p>	<p>- Saying 'No' Exercise role play cards <b>ready to cut</b> and put in envelopes (8 scenarios)  -Saying 'No' Exercise cheat sheet</p>	15 (1h 5m)	
<p><b>Break</b>      10 minutes—do sooner if you need it (1 hr 25 mins)</p>				
7	<p><b>Communication scenarios</b> Split into pairs/ groups to discuss any of the four scenarios (decide if everyone is to discuss the same scenario or each group to discuss one or two of them). Feed back to whole group.</p>	- 'Communication scenarios' handouts	10 (1hr 35)	
8	<p><b>Planning difficult conversations</b> Explain – one option for better communication is to suggest planning a conversation before we have it. This can work well if we are anxious about how a conversation might go, or are fed up of going round in circles about something. Hand out the <i>Conversation Planner</i> tools – for adults and for children, and discuss. Do people think this is useful? If time, you can go through these with people for specific conversations they need to have.</p>	- 'Conversation Planner' handouts x 2 (Adults and Children)	10 (1 hr 45)	
9	<p><b>Take Home Activity Week 5</b> Ask the group to talk to their children and ask them: 1) What is money? 2) Where does money comes from? We will feed back next week.</p>	- 'Take Home Activity' cheat sheet	5 (1h 50)	
<b>OPTIONAL</b>	<p><b>Discussion about changes</b> <i>What has this session made you think about?</i> <i>Have you had any ideas of things you might do / change at home?</i></p>		10	
11	<p><b>Wrap up</b> Go through any questions/issues, and mention that next session is last parents group - about children and money.</p>		5 (1hr 55)	

## What you need for this session:

### Provided in this pack:

- Taste Test A & B cards (from session 1 pack)
- Doing a Money Plan* handouts (7) & (8)
- 'Talking About Money'* cheat sheet
- 'Effective Communication'* cheat sheet
- 'Saying No Exercise'* role-play cards **you will need to cut these 1<sup>st</sup> time around** and envelopes
- 'Saying No Exercise'* cheat sheet
- 'Communication Scenarios'* handouts
- 'Conversation planner – Adult'* handouts
- 'Conversation planner – Children'* handouts
- 'Take Home Activity'* cheat sheet

### Not Provided:

- Name Labels
- Flip Chart paper
- Flip Chart pens
- Biro's & Colouring pens
- Item to taste test: supermarket own-brand & branded
- Coloured plates / bowls / cups for taste test
- Refreshments (if offering them)