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# What Happens at OM:NI Meetings

## Suggested Format for the Meetings

Each OM:NI Group is different, and how a Group operates will be up to the participants. Usually a Group will have a designated facilitator for each meeting, who will make sure the meeting runs smoothly.

A general format which many Groups follow is suggested here:

### 1. Welcome to everyone

- Any man new to the Group or those returning from an absence is acknowledged.
- Any apologies from members is also acknowledged.

### 2. Check-In – a time to share what's been happening for you.

- Each member in turn is given time to share what's been significant to them, how they are 'travelling' and what's been happening since they were last at a meeting.
- A maximum time will need to be agreed upon by the Group if there are a large number of members at the meeting (like 3 or 5 minutes).
- Remember this time is an opportunity for people to speak without interruption. Hold on to any comments or questions which can come later.

NOTE: If someone is dealing with a big issue the Group can either extend their time or say that they will be given extra time after everyone else has shared.

### 3. Questions/comments

- There may be things that people have said that have sparked thoughts or ideas this is the time to say anything else or to ask questions.

### 4. Housekeeping:

- An opportunity to deal with any matters such as meeting procedure, social events or activities etc.

### 5. Coffee break: (10 –20 minutes)

### 6. Topic Discussion:

- A chance for members to give their opinion about the chosen topic. (See list of suggestions)

### 7. Picking next meetings Topic for Discussion:

- A list of suggested topics is provided in this manual, but Groups can identify topics that are of interest to them.
- Check for ideas amongst your Group participants.

### 8. Check-Out:

- Each member to say how the meeting was for them. It may only be a few words.

**See you at the next meeting.**