

TIP SHEET

Keeping the Group Motivated

Now and then, the group may seem to lack motivation. Try to be aware of the "energy level" of the group and be ready to boost their motivation.

Plan an activity early in your process.

Every group needs to see something come out of its efforts. Carry out some simple activity to take place in the first six months that you get together.

You'll have a success on which to build, some quick contacts in your community, and some idea of the skills you have in your group. You'll also have established an orientation to action. Consider activities such as:

- Low-fat luncheon with the mayor
- One-day quit smoking challenge (using the media)
- Poster design activity in the schools to discourage the use of tobacco

Have a "surprise highlights" section in your meetings.

At one meeting per month (or whenever), have a member offer some interesting diversion for information or for fun. Consider things like videos, guest speaker, media presentation, or exercise breaks. Call or email your local voluntary health organizations, library, or service clubs to find out what they may have.

Recognize individual efforts in your group.

Strong teams are made up of strong individual parts. Praise members for their contributions. Write something in a newsletter, give a certificate of appreciation, mention someone's name at a special event, and informally commend and thank members for their work.

Provide honest and accurate feedback.