

# LIFE Sessions

On- the-Hoof  
Introductory  
Booklet



## On the Hoof LIFE Session

This version of the LIFE Session uses the same questions and much the same process as the full planned LIFE Session. The difference with the On the Hoof session is that it is designed to take place over a shorter period of time, involving a group of people who are available and interested in that moment to take part. For example, it could happen around the Nurses Station with 3-4 staff members who are able to participate.

- Prepare for the session by writing out a short summary of the story that will be shared with the group.
- Begin the On the Hoof LIFE Session with a brief introduction to what is involved, how long it will take and that notes will be taken of the session- and the group will be asked at the end of the session for their permission for these to be shared within the organisation. Help people understand that the purpose of LIFE is not to find out more details about the story but to shape our thinking and wonderings beyond the story itself. Have a copy/copies of the 'Stories have Legs' resource laid out so that people can see it. It is also useful to have the LIFE Session Flash Cards as a way of helping people to stay on track when responding to each of the four questions.
- Invite people to introduce themselves. This facilitates relationship-building among the group, and also ensures that the session begins with everyone having a chance to speak.
- Ask if someone would offer to take brief notes of people's responses to the questions.
- Read the story aloud yourself or invite someone else to read it.
- If possible, have a copy of the story for each person to be able to read themselves.
- Introduce participants to the first question by reading out 'What was there to celebrate in the story?' or for a story that is about a concern/complaint or adverse event to 'What stood out for you in the story?'
- Offer your response to this question first, to model keeping responses short and focused on the snippet- perhaps modelling something a bit edgy and not so obvious. Use the LIFE Session Flash Card to help frame your response.
- Set your timer for 5 minutes, and let people know that 5 minutes is the time allocated for the group's response to the first question, to encourage people to keep their response focused on the story being discussed.
- Invite each person who wishes to, to respond to the first question without further discussion at this stage as to what others have said.
- Repeat the process for each of the subsequent three questions- what are you wondering about after hearing the story? etc.
- After everyone has responded to the four questions, ask participants to share one thing they would like to tell other people about the session
- Once, everyone has responded to all questions, check for people's permission to share the notes from the LIFE Session with others in the organisation. Check with group if there are any requests regarding the sharing of the notes.
- If time allows, finish the session with a 'closing round', which may involve for example, ask people to share how they feel at the end of the discussion.

### *Recording the LIFE Session*

- Write up notes from the discussion
- Consider who else you might like to share the outcomes of the session with.
- Consider how you might tap into how people are doing with taking forward any actions/ideas/questions.



What one thing would you like to tell people about the session today?

## Your Stories have Legs

- questions lead them in new directions-

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What was there to celebrate in what you heard in the story?

What are you wondering about?

What do you hope for going forward?

What one small thing would you like to ask, think more about, do after discussing this story?

What one thing would you like to tell people about the session today?

# Your Stories have Legs

- questions lead them in new directions-

**LIFE Session**

**Flash Cards**

# LIFE Session

Q.1 What would you like to celebrate in what you heard in the story?

I would like to celebrate .....

# LIFE Session

Q.1 What stood out for you in what you heard in  
the story?

Something that stood out for  
me was .....

# LIFE Session

Q.2 What are you wondering about?

From what i've heard, i'm  
wondering about ....



# LIFE Session

Q.3 Based on our discussion so far about the story,  
what do you hope for going forward?

Going forward i hope ....

# LIFE Session

Q.4 What one small thing would you like to ask, do, think more about after discussing this story ?

I am going to ....

# LIFE Session

Q.5 What one thing would you like to tell people  
about the LIFE Session today ?

I'd like to tell people ....