



## Participant Centered Group Session Guide

### Final Session Title:

### Session Focus

**Target Audience:** All WIC Staff

**Session Goal:** To address the wants and needs of the WIC staff regarding staying healthy during the holiday season by incorporating the results of the survey that was distributed to the staff members online.

### Key Content Points:

- Point 1: General overview of what “Intuitive Eating” is, what it means
- Point 2: Tips for paying closer attention to hunger/satiety cues especially during the holidays with all of the “delicious-looking food” all around, and not feel deprived of “skipping the fun foods”
- Point 3: How to educate and include family members on understanding Intuitive Eating

### Session Objectives:

- Objective 1: The participants will be able to define Intuitive Eating
- Objective 2: The participants will be able to contrast hunger cues and satiety cues
- Objective 3: The participants will be able to gauge their hunger using the hunger scale

### Session Planning

**Draft Session Title:** Happy Healthy Holidays: What you want to know about Intuitive Eating

**Location Considerations:** WIC All Staff meeting at the State Building, room 1D

### Materials Needed and Their Location:

- - PowerPoint presentation and accompanying computer and projector
- - Handout of hunger scale and tips to tune into satiety cues
- - Snack food (clementines?)

### Preparation Needed:

- - Power Point presentation created
- - Handouts created and printed
- - Set up computer/projector for Power Point

**Time Needed:** 25-30 minutes

**Facilitator Considerations or Expertise Needed:** Some knowledge about Intuitive Eating

### Session Outline

**Facilitator notes:** Review key points of Intuitive Eating

Time	Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover	Objective covered
2 min	<b>Opening the session:</b> Introduction, brief overview	
8 min	<b>Warm-up activity:</b> Participants Pair-up for group Activity <ul style="list-style-type: none"><li>• Tell them a story/scenario: “You find yourself at a holiday party with a table full of food. You find that you don’t want to miss out on anything, so you pile your plate high with a little bit of everything. By the time you are done conversing with other party goers, you look at your plate and realize all that food is gone and you feel stuffed.”<ul style="list-style-type: none"><li>○ Turn to a partner and explain how you feel about this situation.</li><li>○ Have you ever been in this situation?</li><li>○ What do you think you could change about this situation in the future? Would you like this to change?</li></ul></li><li>• Large group discussion: what they thought</li></ul>	

Time	Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover	Objective covered
10 min	<p><b>Activity 1:</b> Power Point Presentation</p> <ul style="list-style-type: none"> <li>• Explain the basics of Intuitive Eating and why it is important (it isn't just eat when hungry, stop when full)</li> <li>• Introduce the concept of 10 principles, expand on five:               <ul style="list-style-type: none"> <li>○ #2 (intro to hunger scale)</li> <li>○ #3 (deprivation leads to bingeing)</li> <li>○ #5 (feel your fullness- tie in family here, don't have to "clean your plate")</li> <li>○ #6 (satisfaction, enjoy your food)</li> <li>○ #9 (exercise)</li> </ul> </li> <li>• Include tips for paying attention to hunger/satiety cues, especially during the holiday season</li> </ul>	1, 2, 3
4 min	<p><b>Optional Activity:</b> Snack Time</p> <ul style="list-style-type: none"> <li>• Give a snack to everyone (works well with Clementines), have them focus all their senses on it: look at it, smell it, taste it, feel it. Have them explain what they taste and feel.</li> <li>• How is this different from how they normally eat?</li> </ul>	1
1 min	<p><b>Closing the session:</b> Wrap it up</p> <ul style="list-style-type: none"> <li>• Bring in "Intuitive Eating" and show, let them see the book that was used as a reference</li> <li>• Handout hunger scale and tips sheet</li> <li>• THANK YOU!</li> </ul>	

### Facilitator review:

- What have I included in the activities to help participants be involved in their own learning?
- How do I allow for participants to have a potential ah-ha moment?

- How do I include time for the participants to digest and reflect on what was covered?
- What was the participant's reaction to the session?
- Consider making changes to the guide as you experiment. After you try it, ask yourself - What went well? What would I change next time?