

HeartWood

Centre for Community Youth Development

F.W.O.C. Shops

what is it?

funshop, workshop, outdoorshops and cookshops

FWOC shops are an engaging and easy way for people to learn from each other, share skills and learn about what most interests them. A FWOC shop can be anything from a hike, poetry writing, a conversation, practicing headstands, learning a new yoga move or taking a nap. All you need is someone who wants to host a session and some excited participants.

Objectives

- To provide a space for participants to share skills
- To create a learning environment that is empowering and engaging for everybody
- Participants have opportunity to shape and contribute to the experience/program

Outcomes

- Leadership skill development
- Gain an asset map of the skills within a group
- Learn new skills
- Greater investment from the participants of the program

Running FWOC shops

- Explain the concept of a FWOC shop early on in the day and ask people to think about different skills that they would be willing to share.
- Get everyone to write down their FWOC sessions and explain them to the group
- Gauge peoples' interest, combine similar topics, as well as determine what is appropriate (*see helpful hints*)...
- Create a schedule. For example:

Round 1 – 30 minutes

<i>Host</i>	<i>Theme/Topic</i>	<i>Location</i>	<i>Materials</i>
Johnny	Drawing	Cafeteria	Pen/paper...
Susan	Hike	Meet at door	Water bottle/sunhat
Jake	Cupcakes	Kitchen	Clean Hands

Highlights – 5 minutes

Round 2 - 30 minutes

Ashley	Yoga	Gym	Comfy clothes
Morgan	Journal Writing	By the Lake	Paper/pen
Sarah	Conversation on Youth Stereotypes	Cafeteria	Passion

Highlights - 5 minutes

- Decide who is going where, set a time to come back together and head to the FWOC
- After each round, have a 5-minute highlights session where people report back to share what they learned.

Helpful hints:

- If everyone wants to attend a specific FWOC shop then maybe this should be its own workshop.
- Try to combine workshops with similar themes so everyone feels like they have an opportunity to host a session. For example, if someone is offering drawing and another person is offering sculpture; these could be combined into an artshop. This ensures increased participation, as well as a great opportunity for the hosts to work together
- It is important to gauge the group's interest in the different sessions being offered and making sure that people are attending all the sessions (*and not everyone attending one*). As the facilitator, you may need to ask some folks to join another FWOC shop or maybe this is a great opportunity for you to spend some one on one time with a participant
- It is good to celebrate at the end of a FWOC session. For example, you can finish by the fire or have one large finale FWOC shop that everyone participates in!