Session 12: Closing

**TIME: 15 MINUTES**

**ACTIVITIES:**

*Closing exercise*

**SESSION OBJECTIVES:**
- to close the workshop with a celebration of each participant; and
- to remind participants that celebrating successes is a key strategy for staying safe and well, despite the ongoing challenges of the work.

**ADAPTATION NOTES:**

For groups that may find a closing ceremony challenging, use an exercise like the ‘reciprocity web’ or ‘goodbye cocktail party’ (see Part Three: Facilitator’s Toolkit).

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**Session 12:**

**Talking about our passion: Why I became an activist**

**Key Explanation Points:**

explain that everyone has their ‘first’ story—the one we hold on the surface, the one that we are comfortable with. This is the intimate story we share on occasion, the one that becomes our history. But it is the other stories we want to unearth, the ones that reveal the deeper, truer reasons behind our activism—that help us to reconnect to ourselves, to the passion and those beginnings.

And when these deeper truths are shared in this space, we connect to each other on another level. We see that we have a lot more in common than we ever expected.

In addition, this helps us to form connections before ideological differences regarding our organisational or theoretical frameworks emerge—first we see each other as coming from similar places.

This exercise can then flow naturally into discussions about our identities: who we are as activists and what connects us.

**No Tests and Variations:**

This exercise can be used any time you want to encourage participants to leave their comfort zone and get to a deeper truth. You could, for example, ask for an example of a situation in which they were hurt or betrayed by another activist—then ask for a different story, in which they were the one to hurt or betray someone.

This style of ‘switching’ can be used in relation to other topics, but it should only be utilised once in a workshop, and with care and respect.

**Summary:**

1. Ask participants to take a few minutes to think about why they became an activist.
2. Once they are ready, and have that story in their mind, tell them to forget it—that is not the one you want them to talk about.
3. Ask them to tell the real reason they became an activist...
## Closing

**EXERCISE:**

- Facilitators ask all participants to stand in a circle and hand out a candle to each person.
- Facilitators explain that each person will be asked to take a few minutes to share a success/achievement they are proud of (this can be anything – ‘personal’ or ‘professional’).
- Facilitators then ask the first person to speak and to light their candle using the main candle in the centre.
- Once that person has finished describing what they are proud of, they turn to the person next to them, light that person’s candle, and then that person speaks in turn.
- This continues until everyone has spoken, including the facilitators.
- Then, each participant lays down their candle in the circle in front of them.
- Take a moment of silence as a group.

**SUMMARY:**

- Key Explanation Points:
  - Facilitators ask all participants to stand in a circle and hand out a candle to each person.
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  - Take a moment of silence as a group.

**FACILITATION NOTES:**

This exercise also is a reminder of what gives us strength, and how important it is to take time to feel and celebrate our successes – individually and collectively. This exercise balances out the energy of some of the difficult and draining aspects of the workshop to help participants remember their own strengths and what is possible. In addition, it is a great example of an important strategy for staying safe and well: sharing and celebrating our tremendous successes.

**TIME:** 15 MIN

**REQUIRED MATERIALS:** ONE CANDLE PER PARTICIPANT, ONE PLATE/CANDLE HOLDER *(OPTIONAL)*, MATCHES.