



# Director's Notes

Topic: Guidelines for Workshop Sessions

## Participants

The ideal group size for the workshops is 8 to 18 participants. The group can consist of participants with a variety of medical concerns, with or without weight management issues.

## Scheduling of the Workshops

It is strongly recommended that the Craving Change™ workshop series be divided into at least two sessions. It is important for the participants to have time between the workshops to reflect, observe, try strategies, and practise techniques learned in the initial workshop(s). Refer to “Suggested Workshop Formats”.

## Length of the Workshops

It is best to schedule at least one hour per workshop to promote effective group discussion. If the participants are familiar with each other, you may find that you need to schedule more than six hours for the complete Craving Change™ program as the participants will be comfortable sharing experiences and may desire more discussion time.

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