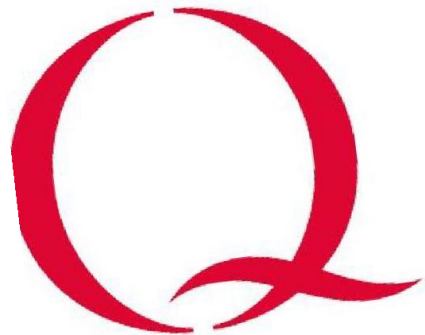


**Q LS User Group**  
**Virtual Meet-up**  
7 December 2023



# Welcome & Meet-up Purpose

- To experiment with virtual co-facilitation and introducing and using a structure
- To experience a structure or two and provide feedback on how you could apply or adapt it
- To support the growing network of Q LS users



# Liquid Courage (LS in development)

Create opportunity for attendees to arrive, settle and identify “top of mind” responses

# Instructions & Steps

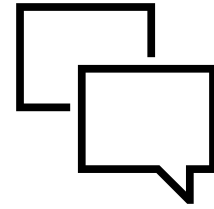
Kristin will say and type a reflection prompt into the chat box.

Type your response BUT do not hit send until Kristin tells you to “hit send”.

Kristin will facilitate a few rounds.

# Plan for today

- **Liquid Courage**
- **Spiral Journal**
- **Impromptu  
Networking**





# Spiral Journal (LS in development)

Calmly prepare for the work ahead while sharpening observational precision.  
Inspired by Lynda Barry



Draw a continuous spiral as slowly & tightly as possible



What are 2-3  
significant 2023  
work memories?





What are 2-3 significant 2023 work memories?



What are 2-3 Q Community memories from 2023?

What are 2-3 significant 2023 work memories?



What are 2 or 3 Q Community members from 2023?

**What are 2-3 significant personal growth experiences of 2023?**

What are 2-3 significant 2023 work memories?

What are 2-3 Q Community members from 2023?



**What are the things I want to grow in 2024?**

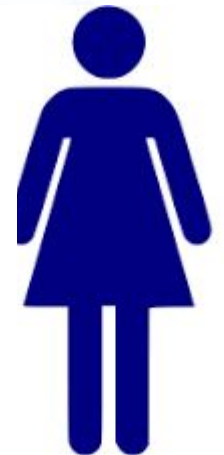
What are 2-3 significant personal growth experiences of 2023?

Review your journal (1 min)

Underline or circle anything that you would be willing to share from each quadrant in your spiral journal

# Impromptu Networking

Share one thing that stood out to you  
from your spiral journaling



2 minutes

2 minutes

2 minutes

# Instructions



- Provide specific prompts for people to answer
- Move people into pairs to share with one other person
- Provide the time each person has to share
- Provide specifics about how many rounds of partner sharing will occur



# Impromptu Networking

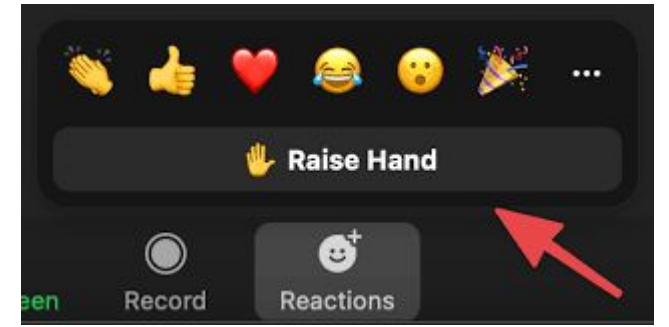


Rapidly share challenges, observation, or expectations  
while building connections

# Emoji Feedback

What emoji reflects a response to today's session?










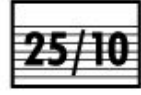



- Share a reactions emoji in the chat
- Don't hit send
- 3, 2, 1 Countdown...hit send



3...  
2...  
1



# What are Liberating Structures?

<p>LS Menu</p> 	<p>Wicked questions</p> 	<p>What's debrief</p> 	<p>Min specs</p> 	<p>Heard, seen respected</p> 	<p>What I need from you</p> 	<p>Integrated autonomy</p> 
<p>Design elements</p> 	<p>Appreciative interviews</p> 	<p>Discovery and action dialog</p> 	<p>Improv prototyping</p> 	<p>Drawing together</p> 	<p>Open space</p> 	<p>Critical uncertainties</p> 
<p>1-2-4-All</p> 	<p>TRIZ</p> 	<p>Shift &amp; share</p> 	<p>Helping heuristics</p> 	<p>Design storyboards</p> 	<p>Generative relationships</p> 	<p>Ecocycle</p> 
<p>Impromptu networking</p> 	<p>15% solutions</p> 	<p>25 : 10 crowdsourcing</p> 	<p>Conversation café</p> 	<p>Celebrity interview</p> 	<p>Agree/certainty matrix</p> 	<p>Panarchy</p> 
<p>9-whys</p> 	<p>Troika consulting</p> 	<p>Wise crowds</p> 	<p>User experience fishbowl</p> 	<p>Social network webbing</p> 	<p>Simple ethnography</p> 	<p>Purpose to practice</p> 

# Closing

- Please share your feedback on this session via the link in the chat.
- Get involved – help facilitate a future session. We have a planning session on January 11th.
- Join Q's 'Liberating Structures in Healthcare' user group.
- Find the right LS to use with LS Matchmaker tool. There's also a LS cards pack and an LS app!

