

# The Vibes Watcher

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*At times when the discussion is expected to be particularly controversial or when there are more people than the facilitator can be attentive to, it may help to appoint a “vibes watcher” – a person to pay attention to the emotional climate and energy level in the room. The “vibes watcher” can interrupt the proceedings when necessary to share observations and suggest remedies if there is a problem.*

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## **THE “VIBES WATCHER” PAYS ATTENTION TO NONVERBAL COMMUNICATIONS, SUCH AS:**

- Body language: are people yawning, dozing, sagging, fidgeting, leaving?
- Facial expressions: are people alert, looking upset, staring into space?
- Side conversations: are they distracting to the facilitator or to the group? Are people interrupting each other?

## **SOME TIPS:**

- If energy is low, a quick stretch or song may wake people up.
- If tension or conflict is preventing people from hearing each other, getting up and finding new places to sit might help.
- A period of silence can also be helpful for a chance to relax, reflect, and gain new insights.

It is important for the “vibes watcher” to have a light touch – to avoid making people feel guilty or defensive. This individual must be confident in their role. There is no reason to apologize for an observation or suggestion.

