



Discussion Panel

Mental Fitness Around Our World

Surroundings that foster great mental fitness help everyone to reach their full potential. Why not by hold a panel discussion, sparking conversation between leaders to show the importance of mental fitness in your organisation. You can also use this opportunity to find out what makes a great environment for mental fitness from your community and then work with PROJECT:TALK to make it happen. Simply follow our six steps!



Suitable for: Groups



Time needed: 40 - 60 minutes



You'll need: Access to an online meeting platform, like Zoom.

Step 1 - Topic

Decide on a topic for the discussion based on the 'Mental Fitness Around Our World' theme. What points are important to cover and what messages do you want to portray to your community? Here are some suggestions:

- What does mental fitness mean to you, and why is it important in your community?
- How can we create a better environment for mental fitness within our community?
- What are the barriers to mental fitness do we face, and how could we navigate these?
- How has the COVID-19 pandemic impacted our mental fitness? And what have we learned?

Step 2 - Panelists

Who will be on your panel? We'd suggest about 3 members, each bringing a different perspective in relation to the theme, and a facilitator who will ask the questions and guide the discussion. Consider carefully who you'd like to make up your panel based on the message you'd like to get across and the audience you'd like to engage!

#MentalFitnessMonth

Step 3 - Audience

Now it's time to pick a date, time and advertise your event! We suggest using a variety of platforms, such as Instagram, a Facebook event and email to engage your community! Remember to include a link to join the discussion, too (e.g. a Zoom link!). You can use our [social media templates](#) if you want! Remember to fill out our [quick form](#) to let us know about the event so we can help promote it!

Step 4 - A safe environment

It's so important that everyone feels their voice is valid and heard. The role of the facilitator is to help ensure everyone has time to get their points across, whilst also making sure any sensitive topics are avoided (for example, we'd recommend avoiding anything political). We'd also encourage a positive focus for your discussion, turning problems raised into a conversation about solutions.

We'd also recommend having someone on hand for participants to speak to should they feel uncomfortable with anything discussed.

Step 5 - Running the panel discussion

Start the discussion with a welcome and introduction to panelists. Why not allow them to say a few words about how mental fitness is important to them?

Next, begin with an open question - we'd suggest having some pre-prepared! You could even use a platform such as Padlet to get suggestions from your audience in the run up to the event. Allow each panelist to have their say in turn but don't force them to speak. If you like, you could ask your panelists to pre-prepare thoughts on a few questions to begin.

Decide when is an appropriate time to move onto the next question - aim to strike a balance between a meaningful conversation and an event that explores a good range of topics!

Ensure you leave plenty of room for the audience to guide the questions they'd like the panel to discuss. You could use Padlet, a chat function or if brave enough let your audience ask using their microphone!

When it's time to close the discussion, ask each panelist for a closing message about mental fitness. Finally, thank them and end the event.

Step 6 - Carry on pioneering mental fitness!

Your mental fitness journey doesn't have to stop at the end of your event. Make sure you take notes of what your community feel is important for a good mental fitness environment. Finally, drop us an email at info@projecttalk.org.uk to see how PROJECT:TALK can help make it happen!