

METHOD FIVE-MINUTE FAVOUR



Area of CoP Activity: Building Relationships
Learning and Developing Practice

CoP Lifecycle Phase: Inquire
Design
Prototype

CoP Success Factor: Community Interaction
Mutual Culture, Values, Belonging
Sharing Best Practice
Learning

EIGE Step: Step 1: Getting started

Group Size: Unlimited

Difficulty Level:

Time Needed:

Facilitator Preparation:

Participant Preparation:

Description: Fish Bowl method is a dynamic alternative to classic discussion formats such as panel discussions as everyone can participate rather than only an exclusive group of people. It includes small rounds of talks in major events and brings vitality as well as spontaneity in conventional activity and event formats.

More Information: www.partizipation.at/fishbowl-en.html
www.debonogroup.com/six_thinking_hats.php

FIVE-MINUTE FAVOUR¹

Short description

One of the ways to build a strong community is to add high value to others' lives at a low personal cost. Doing one five-minute favour every day for someone can instil in us a habit that benefits you more than just the beneficiary. It can challenge people's assumption that they have to choose between helping others and their own success. This quick activity will allow people to find ways of giving to others that don't demand enormous acts of sacrifice. Bringing community members together to help each other has the potential to enrich their abilities to achieve their goals while building a stronger sense of team spirit and community. These favours can broaden and deepen your community's relationships, and inject greater meaning and satisfaction into the project.

When to use this method?

This method can be used in the beginning or throughout a project, task or other form of collaboration. You can use this activity officially during one of your online webinars or face-to-face sessions, but encourage your community to practice this activity every day when possible to progress your project. You can ask the participants before the event to think what they need help with, so they come up with useful, specific, and clear ideas for favours.

How to use this method?

A: Brief explanation

The Five-Minute Favour allows participants to ask for one five-favour and invite volunteers to help them achieve their goal or solve their problems.

B: Detailed step-by-step guide

- Arrange your group in a circle and ask them to take turns to express what they need help with, e.g. "I have a difficulty in finding quality resources about gender budgeting", or "I need someone to retweet my community's recent achievement". Other ideas can concern the following:
- Sharing of knowledge, best practice
- Introducing to an individual who might help
- Providing constructive feedback
- Providing a relevant reference for a person, project, or plan
- Sharing, commenting or retweeting something on social media
- Writing a short, specific laudatory note to recognise or recommend someone on social media

ADAPTABLE
ONLINE

This activity can also be adapted to online communication. Instead of asking the favours face-to-face this can easily be done online.

¹ Adapted from Grant (2013) and Anderson (2013): <https://www.forbes.com/sites/kareanderson/2013/07/17/pay-it-forward-with-the-five-minute-favor/#776e88f76f5d>

REFERENCES

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Hanington, Bruce, and Bella Martin. 2012. *Universal Methods of Design: 100 Ways to Research Complex Problems, Develop Innovative Ideas, and Design Effective Solutions*. Beverly: Rockport Publishers.