

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
Sharing Best Practice
Supporting tools and resources
Mutual Culture, Values, Belonging
Learning

EIGE Step: Step 1: Getting started

Group Size: Unlimited

Difficulty Level:

Time Needed:

Facilitator Preparation:

Participant Preparation:

Description: The idea behind the Five-Minute Favour is that small things and acts to help and support can have large value to others. This activity gives everyone the chance to ask other people in the group for help, feedback, experiences ideas.

More Information: www.medium.com/refresh-blog/the-five-minute-favor-77c6fb321ecb
www.youtube.com/watch?v=YyXRYgjQXX0
www.giveandtakeinc.com/blog/culture/the-five-minute-favor/

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 do not demand enormous acts of sacrifice. Sharing knowledge, experiences or ideas take only five minutes but can help others and will pay off in many ways. The Five-Minute Favour also helps to make asking for support easier, more normal, and even encouraged. 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 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

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

This activity can also be adapted to online communication. Instead of asking the favours face-to-face this can easily be done online without changing and adapting the activity. For this activity you only need a meeting platform like Zoom, Zoho meeting, Vispa, Whereby, GoToMeeting, BigBlueButton, Slack, Braincert or Samepage. No special application with features is needed.

A good start for this activity – whether conducting in virtually or face-to-face – is to watch the TED talk by Adam Grant² who explains the idea, benefits and possibilities of those five-minute-favours.



ADAPTABLE
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>

² <https://www.youtube.com/watch?v=YyXRYgjQXX0>

REFERENCES

Andreson, Kare. 2013. "Pay It Forward With the Five-Minute Favor." Available from:
<https://www.forbes.com/sites/kareanderson/2013/07/17/pay-it-forward-with-the-five-minute-favor/#60ec5b1b6f5d>

Grant, Adam. 2013. *Give and Take: Why Helping Others Drives Our Success*. London: Weidenfeld & Nicolson.