



# **CoP Practice Structure**

## **ICE BREAKER**

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Ice breakers are great to help create engagement in your CoP group.

## **CHECK-IN**

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Check-ins are a great way to see where everyone in the group is in terms of their learning and how things have been going with their skill building.

1. Have a brief discussion about:
  - How have you been able to use MI in your work since the last CoP?
  - What are some struggles that you have had using MI since the last CoP?
  - What are some ways that you could have used MI more effectively?
  - What were some missed opportunities that you have had with MI?
  - What are some times that you think you could have used MI?

## **EXERCISES AND PRACTICE**

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1. As a group choose exercises, discussion topics, personal experiences, etc that will be helpful for participants to go over in the CoP.
2. Manage your time so that you are able to finish the CoP on time as well as to ensure that in exercises that require switching roles that each person has an opportunity to practice. This may require a time keeper for each small group of an exercise as well as group accountability to time.

## **CHECK-OUT**

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Check-outs are a great way to see what people have learned, what they are walking away with, and what they might try to use in their work.

1. Have a brief discussion about what you are walking away from the CoP with, what might be useful in your office, what might be helpful in your CoPs.

Note: Other check-out questions that might be helpful in your own CoPs could include:

- What are you walking away from this CoP with, what might be useful in your office, what might you try to use?
- It can also be helpful to assign roles for the next CoP during the check-out