

# Module 1

## Getting Started



**Goal:** Getting to know each other.



**Time:** 15 - 30 minutes, depending on group size.

### Host:

When possible, we suggest bringing people together for a meal or light refreshments before the session(s), as a midway break or at the end of the meeting so they can have the chance to connect with each other, learn about each other and network.

Providing refreshments can make the session more accessible but having a potluck could also cut costs when needed.

Introduce yourself and explain what you're hoping to achieve by offering this session.

**Set up:** Ideally, organize in a circle around a table, provide name tags for groups of people who don't know each other.



### Participants:

Go around circle, everyone introduces themselves and their respective community or organization, what they already know about co-ops and what they hope to get out of the session.



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