

Think – Say – Do

Think

- Take the time to know what I am thinking.
- What are my motivations, values and wants from an activity?
- What are the challenges and barriers to my participation?
- Which of my values will drive my behaviour to engage and be active?

Say

- Does your marketing and messaging speak to me?
- Let the group lead the communication channels through social media, apps and groups
- Communicate clearly and include dates and times, let me know in advance of changes

Do

- Have a someone to meet and greet at your sessions
- Check in with me, encourage and motivate me
- Share the structure and session outline so I know what is to come
- Help me set and record personal milestones
- Allow me to input into the design of the sessions
- Ask me whether the intensity level of the session is right for me
- Create informal ways for me to ask questions