

EXERCISE:

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FORMAT:GROUP
EXERCISE

Introductions and Expectations

FACILITATION NOTES:

If participants did not manage to bring items, they can:

- choose something they may have with them; or
- they can use a blank card either to draw a symbol or to write down the name of the item they would like to put down.

Reassure participants that they will get their objects back at the end of the workshop – if there are very valuable items, they can take them back at the close of each day, but they should set them down again on the morning of each new day. Alternately, they can lay down the item initially and then replace it with a drawing on a card, leaving it there symbolically.

Each person should be brief, as this is a long exercise – and you can tell them that there will be many opportunities over the three days to say more about themselves and to get to know each other; this is just a beginning.

Allow about 1.5 minutes per person for each ‘round’ of questions. Make sure answers are recorded; these are all important for observations and future evaluations.

Alternative option:

Have individuals quickly think of who in their life they would choose to introduce them. Ask them to take five minutes to think of what that person would say. Then ask them to be that person when they introduce themselves. This is a lighter version of the archetypes exercise (see page 127), but it helps participants to step out of the ‘traditional’ way of introducing themselves.