

The Personal Development NLP Career And Team Building Network



Presence

Photograph by Rick McCharles

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Activity	Ice Breaker Exercise Illustration
Participants	8 - 100 +
Length of session	15 - 60 minutes

Outline

This is an easy, fun activity that can be used either as an icebreaker, illustration or exercise to highlight how often people can get used to routines and practices without noticing people and things around them.

Equipment

Ensure that there is adequate space for participants to work in designated groups.

List of prepared questions.

Running the Activity

1. The facilitator should prepare a number of questions (reliant on the number of participants and length of the activity) relating to details of the work or venue environment or optionally - dependant on number of participants - details about the participants.
2. To add a competitive edge, participants can be placed into teams. Variations could include awarding a prize to the winning team, highest individual/team score, funniest wrong answer etc.

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Helpful comments.

- Questions can be wide ranging depending on the group make up and venue. Example questions - What is the colour of the main door? What was the main headline of the paper you read this morning? Who was the first/last one in the office today? What is the name of the receptionist? Etc.
 - Make the questions as fair as possible by allowing for the participants' knowledge of the location/venue. Personal questions can be more effective when the exercise is delivered in the workplace.
 - Use the exercise to demonstrate how there is scope for us to improve our awareness of our surroundings, of others and in so doing improve our sensitivity.
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Evaluation and Conclusions

On completion of the exercise discuss:

- When are we most aware of things around us?
- How are our working and personal relationships affected by our attentiveness of situations around us?
- What stops us from being aware and noticing our environment?