

European Association Faculty Retreat Workshop - Croatia 2014

Activity: Party!

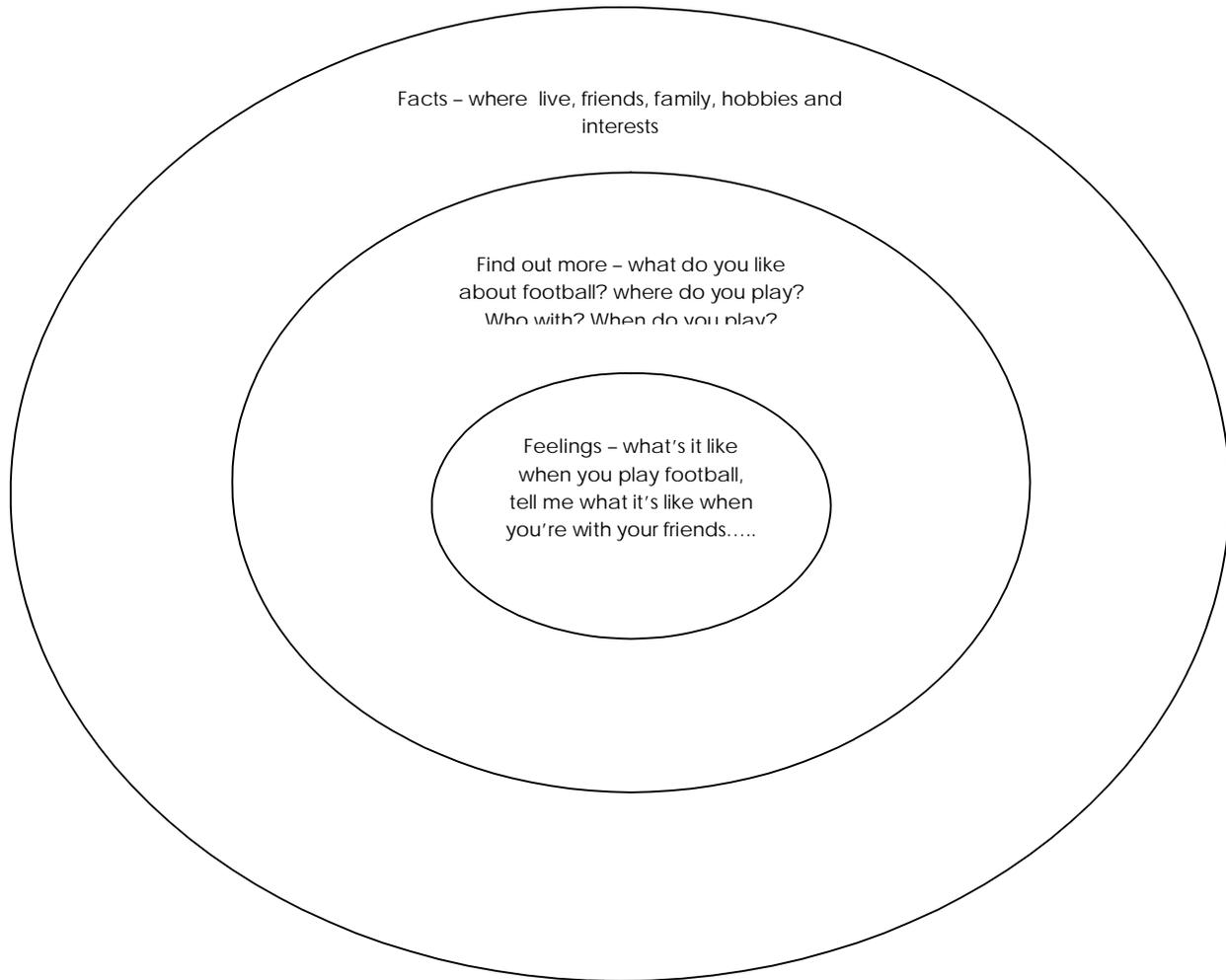
Equipment: A6 coloured card with strips of double-sided tape on the back, pens, bike hooter.

Aim: Build relationships and encourage people to talk about themselves

Method: Each person is asked to write on a small piece of card; a person, place, possession and past time that is positive, important and precious to them. It's important to tell people to choose things they are happy for others in group to know about. People then wear this 'badge', doubled-sided sticky tape prepared earlier works well here. Some groups may not want to put them on as a badge which is ok. Then people wander around the room saying 'mumble, mumble, mumble' looking at other's cards but not getting into conversation. The facilitator then invites people to pair up and talk about what's on their badge with each other. You can either give this a time e.g. 3-4 minutes or monitor it and get people to move back into wandering and 'mumble, mumble, mumble' as soon as you see the 1st pair dry up on conversation. It's good to get people to rehearse the mumble, mumble, mumble before you start. A bike hooter is a good way to signal to people to pair up and then move on. Depending on the group size you can continue so everyone has spoken with each other, although this can last a long time and often loose energy. If not everyone speaks to everyone you can invite people to inquire about each other's badges during the day/course. They can also be pinned up on the wall.

Adaptation: You can use the same activity getting people to talk to the person next to them and then swapping around the circle. Another idea is to have favourite childhood character as one of the 4 'things'. You can also link it specific topics and issues. For example, if you were working with drug issues ask people to choose a person, place, possession and past time that would keep them safe and away from using.

Levels of involvement



Find out what people enjoy/ like/want and then find out more....

"What's important about that? And what else? What's important about that?"

- without it feeling like an interrogation!

"It's not 'til they know you care that they care what you know"

Activity - Handcuffs

This is a fun and challenging activity that can be used as an energiser or as an activity that demonstrates how our behaviour can be repetitive and not always the most effective.

Work in pairs. You require two pieces of rope with loops at either end. It helps to have a knot that will allow the loops to be adjustable.



It's important that you set the activity up as the photos above show and allow people plenty of time to try different strategies.

In pairs, try to separate yourself from your partner without removing the loops from either of your wrists. This can be done and is not a trick!

Notice as you try this activity that despite trying an action and it being unsuccessful, once individuals feel they have exhausted every possible action they will start to repeat previous unsuccessful actions.

The solution is on the next page of this workbook.....no cheating!!!

Handcuff solution

Ok here it is.....



Step 1

Take one of the pieces of rope and form a loop with it near the end. Once you have formed a loop feed it through the loop which is attached to the other persons hand. As demonstrated in the picture. Make sure you feed enough of your rope through the loop so it is big enough to fit over the other person's hand.



Step 2

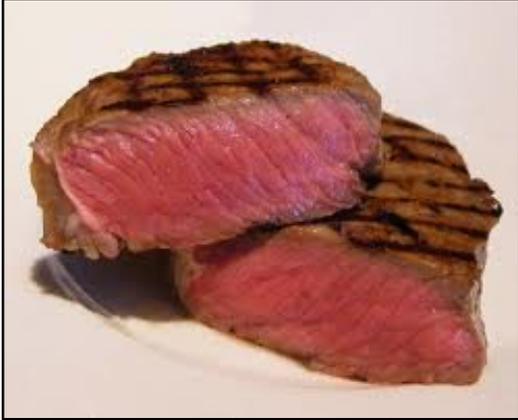
Take the loop from your rope and feed it over the other persons hand. The both pull your own rope.

Step 3

Hey presto! You're separated from the other person (sorry if you didn't want to be!)

Activity - Perception pictures

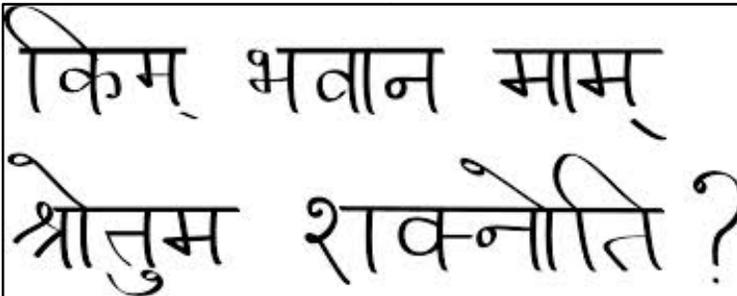
Activity developed by Venture Trust Team



What is it?

Positive/ negative/ neutral?

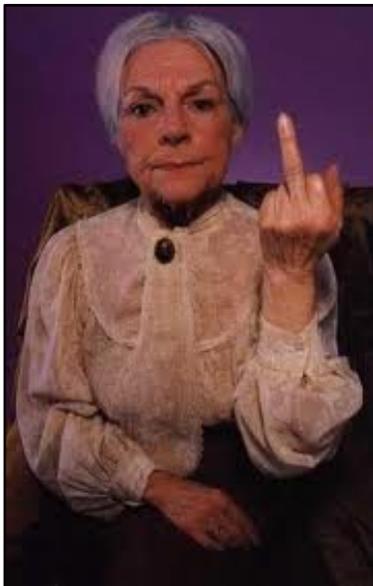
Quality World?



What is it?

Positive/ negative/ neutral?

Quality World?



What is it?

Positive/ negative/ neutral?

Quality World?



What is it?

Positive/ negative/ neutral?

Quality World?



What is it?

Positive/ negative/ neutral?

Quality World?

Activity - Sling Thru (we did a slight adaption in Croatia - both will work)

Aim: Introducing the learning cycle and establishing a pattern of learning.

Resources: Rope sling or bike inner tube with valve taped down, and a length of rope 5-10m or chalk.

Method: Place a rope sling or inner tube on the floor inside an outer boundary marked by rope or chalk. Brief the group "you all need to go through the sling; I will start the stopwatch when the first person steps into the outer boundary and stop it when the last person steps out". Give the group some time to discuss then encourage them to have a go, tell them their time and ask them if they think they could improve it. Let them have as many goes as they want while the energy is up for it and the group is working well.

Note: As facilitator you can choose to get involved if you think this would help get it going. You can ask for two observers to observe what happens from the point you introduce the activity and then feedback afterwards. It is important that they observe the process the group undergoes to solve the problem i.e. what the group actually does, and not individual performances. This can work if you have some who may be reluctant to join as it keeps all involved and creates a great start point for a review.

The record is about 1.5 seconds per person!!

Review: Ask all what key stages did the group go through to solve the problem? If you have observers ask them observers to prepare their feedback, It is important to emphasise that the feedback needs to be about the group rather than individuals for example 'the group discussed different ideas before having a go', 'after their first attempt they decided to change how they did it and try again,' 'next time they tried it the same way and changed the order people went in'. Get the group to feedback first and then the observers.