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Family Violence Workplace Support Program Manager Training Activities

Energisers

Trainers can help break up the pace of the day with fun interactive sessions called Energisers. Energisers are especially useful after lunch or long periods of sitting, when the group energy is frequently at its lowest and/or participants can seem to be the most disengaged. Energisers are also useful when the group, trainer included, simply needs a fun break from training sessions.

• Tweet It:

At the end of the training program or to conclude each module or unit of the course content, split participants into teams of two and challenge each team to come up with a summary of the content covered in only 140 characters.

Time: 5 minutes

 **• 45 second countdown - A snappy review exercise**

Two teams/two flipcharts, one participant form each team goes to one flip chart. The teams compete by remembering words/key concepts that were discussed in class today. The team that comes up with the longer list in 45 seconds wins

Time: 5 minutes

**• Spell Energiser**

"You may not belief that there are six errers in this short paragraph. Studi the paragraph carefuly. You can reed it as many times as necessary. Don't give up too easily. See if you can find all of them."

Write the paragraph above on a slide or a flip chart and challenge participants to find all 6. Most participants will find five but few will ever find the sixth. The sixth is simply that there are only five errors (so it’s an error to say there are six). The exercise points out how we often think inflexibly and fail to consider all the options when problem solving.

Time: 5 minutes

**• The guessing game**

This simple activity is a fun way to introduce and show the difference between closed and open questions.

Directions:

Split your class into two equal groups/teams

One person from each team will leave the room for a minute and think of a business object (any common business object that can be found in any office like a stapler, printer, etc.)

When each person returns to his team, it’s the team’s task to ask him/her closed ended questions only to try and find out what the object is. If needed, explain that closed ended questions are those that can be answered by yes or no.

Once any team finds the object, this means that they won this round. And they can go for another round.

After two or three rounds, end the game and make the following point:

Discussion and debrief:

Tell the group that obviously it took a long time and effort for us to find out the object in each round, but what if we had not time and only had one question to ask to find out the object, what would that question be?

The question would be “What is the object?” which is an open ended question.

Open ended questions are an excellent way to save time and energy and helps you get to the information you need fast, however closed questions can also be very useful in some instances to confirm your understanding or to help you control the conversation with an overly talkative person/customer.

Time: 10 minutes