



## Purpose

This activity whilst not being an introduction topic is great for using at the start of a training event, training course or team meeting. It is designed to help delegates off-load 'baggage'/issues that they have brought with them and get them out of the way. It can also have an additional benefit of helping delegates to see that they are not alone and there may be other colleagues with similar issues/frustrations.

## Timings

As long as needed. This will depend largely on the type of event being run and the number of delegates attending.

## Instructions

- Ask delegates if they have ever seen the TV show 'Room 101'.
- If any delegates say they have not seen it, explain that it is a TV show where celebrity guests are invited to put things/topics in 'Room 101'. This means that when something has gone into 'Room 101' it can no longer be discussed on the show. Things that normally go into 'Room 101' are things/people that the celebrities don't like or feel uncomfortable with etc.
- Explain that delegates are going to do the same thing with up to three things/issues that frustrate them, annoy them or that they dislike.
- Make sure that delegates do not put anything in 'Room 101' that directly relates to the content to be discussed during the event. Things that you should be encouraging people to put in, are things that will distract attention away from the main flow of the content.
- Depending on attendance numbers, this can either be an individual or group activity. It works in exactly the same way.
- Either individually, or in groups ask delegates to think of three things (work related/company related) that they want to put in 'Room 101'.
- These things need to be written on a flipchart, which will be hung on the wall. This will represent 'Room 101'.
- After each individual or group has identified their selection, conduct a group discussion about what has been highlighted, emphasising that these topics are now out of bounds.
- If during the event any of these topics start to be discussed, you can refer delegates to the flipchart 'Room 101'.



This activity can help people bond together as it helps to 'clear the air', stops the event/course/meeting from getting disrupted and can help delegates see that there are other people with similar issues to their own.