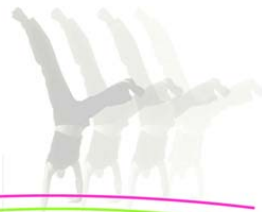# Shields

Purpose

The purpose of this ice breaker is to help people get to know one another at the start of a training event, training course or team meeting. It can be used for people who have never met or adapted for people who work with each other but do not really know much about their colleagues.
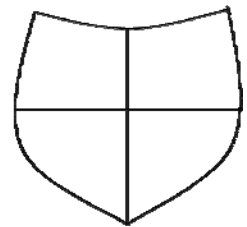
Timings

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

Trainers note

This can either be run as a group activity, where the group complete the shield information, or as an individual activity where each delegate creates their own shield.

Instructions

- Ask delegates either individually or in designated groups to draw a shield on a piece of flipchart paper.

- The shield then needs to be split into 4 quadrants as shown.

Individual shield:

- Above the shield the delegate will write their name.

- In the top left quadrant, the delegate needs to record how other people will describe them.

- In the top right quadrant, the delegate will record what they are most proud of. (This can be work based if you wish).

- In the bottom left quadrant, the delegate will record factors that motivate them.

- The bottom right quadrant can be left blank. The reason for this is so that during the event, when the delegate receives feedback from other colleagues, they can build up a portfolio of action points they may wish to do something about – things such as behaviours they need to be aware of because they have received feedback from fellow delegates that these behaviours irritate or frustrate people.

- Below the bottom of the shield the delegate will record their philosophy, strategy or approach towards work.

Group shield:

- The name above the shield will be a team/group name.

- The quadrants can be used for the group to record various details such as group member names, positions, length of service, what they do at the weekend, hobbies, what they like about the job/company/department, or things they would change to make the business more effective etc.

- You can 'tailor' the information you want the groups to supply in the four quadrants depending on what you want to achieve from the ice breaker.

- The name below the shield will be a team/group motto or strategy towards task completion.