

Who are you



Purpose

The purpose of this ice breaker is to help people get a better understanding of each other (even people who already know one another). It works well at the beginning of a training event, training course or team meeting and will help to break down barriers apart from being a bit of fun.

Timings

10 minutes (although this can be increased in necessary).

Instructions

- Print off the same number of picture sheets (below) as you have delegates.
- Give each delegate a picture sheet and ask them to look at the pictures and pick one that best suits their personality, strategy to work or how they are currently feeling about work or life in general.
- Ask delegates (one by one) to tell the group which picture they selected and explain their reasoning why they chose that picture.
- This can be a quick but amusing/moving story that will provide you and other delegates, with an initial insight into each person. This helps to build rapport between delegates and can aid the flow of the main content.
- You go first to show how the activity works.
- The activity finishes when the last delegate has told the group about the picture they selected.



