

ENERGIZING THE ROOM

The Art of Facilitating Quick Meaningful Connection

Activate Community

Imagine starting meetings with the perfect (and relatively quick) activity to help your group connect authentically, while building real community connections. You'll be given a toolbox of these no-prop and low-prop activities to fit almost any agenda time!

The Need To Warm Up

A well run interactive activity or deeply probing question has the potential to create authentic and meaningful connections while being 'psychologically safe' and offering an opportunity for connection between those who may not otherwise interact.

The skill to run the "appropriate energizer" in the *appropriate* way can change the experience from being a forced, unsuccessful activity, to an experience that builds a sense of connection through safe laughter, listening, storytelling and cooperative action. Through laughter, listening, storytelling and cooperative action, we increase a sense of community and thus a sense of belonging.



Outcomes

1. Gain skill and practice with meeting openers for almost any setting
2. Explore facilitating energizers with skill and sensitivity, to maximize impact
3. Experience the power of kinesthetic engagement
4. Learn how to adjust activities for group size, location, and team objectives
5. Leave with a handout for each activity stating the what, why and how

