

FACILITATION TECHNIQUE	Happiness exercise
CORE PURPOSE / FOCUS	#teambuilding #intragroup openness #collaboration
PHASE	#icebreaker #get-to-know #opening #energizer #fun
SKILL / CONTENT	#storytelling #empathy #introspection #active listening #communication
TIME FRAME IN MINUTES	#<15 #<30
GROUP SIZE IN PERSONS	#6-15 #16-30
FACILITATION LEVEL	Beginner
COMFORT ZONE	Safe

Introduction

This exercise is a simple application of the principles of Appreciative Inquiry.

Necessary tools (what you need)

- Pick a videoconferencing tool of your choice.

Steps

1. Ask a colleague or a group to tell you stories about times when they were happy. Just listen and encourage everyone else to listen. Join in yourself. Then do the same about times when they and you made someone else happy. You will be astonished how interesting, inspiring and enjoyable this will be!

Tips & Tricks

- This will work just as well with a big group. Just get people into small groups of four or five and proceed as above.

Source

<https://www.sessionlab.com>



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