

FACILITATION TECHNIQUE	The group map
CORE PURPOSE / FOCUS	#teambuilding #intragroup openness
PHASE	#get-to-know #icebreaker #opening
SKILL / CONTENT	#storytelling #communication #introspection #self-reflection #activelisting
TIME FRAME	Up to 15 minutes; up to 30 minutes
GROUP SIZE	1-5 / 6-15 persons
FACILITATION LEVEL	Beginner
COMFORT ZONE	Safe

Introduction

Ask people to place themselves on an imaginary map representing the country according to where they grew up. Ask them to share one internal value they got from that place, and why is that important for them. Encourage people to share a short story if they want.

Necessary tools (what you need)

- Pick a videoconferencing tool of your choice.
- Pick an [online whiteboard tool](#) that allows using large, zoomable canvas.

Steps

1. Create an open space for the map and add a compass point for North - you can use a background for this space if you wish, though keeping it plain is good!
2. Invite each of the participants to add a post-it note or marker for where they are from on this map. Encourage them to talk and try to get together into the right spot.
3. Ask a reflective question to participants, something that helps them to open up and they are happy to talk about. For example: "Think about what is valuable for you that

you got from growing up there, something that you took with yourself. Not an object, but a value or characteristic feature. Explain briefly why this is important to you."

For this question, people tend to reflect on some positive memories, and often give answers such as: love of nature (as they e.g. spent a lot of time outdoors), lively family atmosphere (e.g. if they had a big family), the value of teamwork (e.g. if they practiced a team sport competitively).

4. Give them about a minute to arrange themselves on the map and think about their answers.
5. Ask participants to share one-by-one: where did they grow up, and what they took from there. If you have time, encourage them to share a short story why was this experience important to them (but only of the want to share).

Tips & Tricks

- It can be useful if you take the first turn with speaking and show an example of what depth and length of answers they might give.
- If the first one or two answers are too fun or too serious, it can easily bias the rest of the people.
- When asking your reflective question, we recommend adding it in text form to the whiteboard, for easy reference.
- When facilitating group discussion, we recommend participants use non-verbal means to indicate they would like to speak. You can use tools like Zoom's nonverbal feedback options, a reaction emoji, or just have people put their hands up. The facilitator can then invite that person to speak.

Source

<https://www.sessionlab.com>