

EMOTIONAL ASSOCIATION

Explanation:

Emotional associations allow you to check the emotions of the individuals within the group via a third entity – an image. The images can be used at various points in a training to check how everyone is feeling, understand the general feeling of the entire group and get a read on individuals who may need to be managed individually. This technique is excellent when working with experienced individuals who will want to express themselves: images will allow free expression. It is ideal where the learning is more personal and at an advanced level. As this requires more conversation and discussion, it is better in a small group.

Preparation needed:

- Print off or cut out images that inspire in you in a variety of emotions, the images should not portray any one message, it should be possible for personal interpretation at the time of picking; you can have two individuals with the same images and two different interpretations.
- Spread the images on a floor or table.

Examples:



Method:

- Introduce the technique; we are going to carry out a sense check: how are you feeling at the moment? Ask each of the participants to pick an image that they feel captures their emotional energy at that point in time.
- Ask each of the participants to explain to the group:

What drew them to the image?

- What emotional energy is it communicating?
- Address the content or activities that are bringing out the different emotional energies with the information that you have gathered. You may like to link their descriptions to a change in the flow of the training; *‘as most of you’re a feeling curious, would you like to see the result first before we go into the theory?’*