

TWO TRUTHS, ONE LIE

Explanation:

In this activity, the participants tell two truths and one lie about themselves. The objective of the game is to determine which statement is the false one. It is a good group bonding exercise and the fun aspect brings energy to the group.

Recommended group size is: small, medium or large.

Preparation needed: No preparation needed.

Method:

- Introduce the exercise.
- Ask and allow the participants to prepare three statements about themselves; two truths and one lie each.
- Ask the participants to walk around and then share with one another their three statements. At this time the participants should not reveal which of the statements is a lie. While sharing, it is the goal of the participants to:
 1. Convince others that their lie is true.
 2. Guess the correct lie of the other participants.
- Ask the participants to gather back in a circle and in turn each participant should read aloud their statements to remind everyone. For example:
 - 'I was born in Malaysia.'
 - 'I have 3 children.'
 - 'I am vegetarian.'

The group then tries to guess which of the three statements is not true. At each end of each statement ask for a vote through a show of hands: 'Who thinks this statement is true? Raise your hand.'

The participant then reveals which of the statements is untrue.

EXPECTATIONS

Explanation:

This exercise gets the participants to articulate what they are looking for from the session. Ideally when you find out the expectations, you can confirm that the training session is designed to meet them or alternatively manage where the expectation and the training plan are incongruent.

There are many different techniques that can be applied to finding out the expectations.

Here we have covered two:

1. Large Group Table
2. Small-Medium Group Table

Large Group Table

Preparation needed:

- Flip chart or large area where participants can write when they enter a room. Create a table with heading – Name, Salon Name, Session Expectations
- Markers (sufficient quantity) for the participants to use.

Method:

As the participants arrive ask them to fill in the table. Once everyone arrives:

- Go through the expectations and confirm the session plan against the expectations.
- Do address any expectations that will not be met – discuss this with the individual rather than in the group.

At the end of the session, review the expectations to check if they were met – yes/no.

Small-Medium Group Table

Preparation needed:

- Flip chart and a Marker.

Scribe, if possible so that you can manage the flow

Method:

When the participants arrive:

- Let each participant introduce themselves and call up their expectations.
- Write up the expectation beside the name, you can confirm the expectations against the session plan while listing them.
- Do address any expectations that will not be met, by saying ‘that’s an interesting one, can I come back to you on that?’ Discuss this with the individual later, rather than in the group.

At the end of the session review the expectations and if they were met – yes/no.

IF YOU HAD A MAGIC WAND

Explanation:

Magic wands open up amazingly creative possibilities. This technique allows your participants to think of outcomes far beyond their normal constraints. It is a good technique if you are looking for creative thinking or setting a context for a new service or trend.

Preparation needed:

A magic wand – not literally! An item that can represent one.

Method:

- Ask the participants to think big and beyond their current possibilities because the magic wand allows them possibilities beyond reality.
- Pass a magic wand around your participants before you begin a new topic and ask your participants what magic they would create with the magic wand. Your topic will determine the kind of questions you can ask to get them started; examples:
 - What would they want revealed?
 - What would they hope to make easy?
 - Which aspect of the topic would they want to fully understand?

Tip: You can get the group to stand up if you feel you need to energise the group more.