**EMOTIONAL ASSOCIATION**

**SENSE CHECKING – TECHNIQUES**



**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?

**SENSE CHECKING – TECHNIQUES**

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* What emotional energy is it communicating?

**ICEBREAKER – TECHNIQUES FOR**

**FUN AND ENERGISING THE GROUP**



* 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?’*