

Get to Know Me

Number of People	Approximate Time	Items Required
Unlimited number	15 to 30 minutes	—

Sometimes ice breakers may not be appropriate, but if you want to “break the ice” one way to accomplish this is for you—the facilitator—to introduce yourself to as many participants as possible before the event begins.

Greet each participant and tell him or her such things as

- How or why you became involved as a facilitator.
- How long you have been facilitating events.
- What you are most excited about related to the upcoming event.

Or ask the participant

- What he or she hopes to gain from the event?
- If he or she has attended a similar event?
- Why the person chose this event?