

One Minute Introductions

Number of People	Approximate Time	Items Required
Unlimited	Less than 1 minute per person	—

The following exercises can be completed in one minute or less and allow participants a chance to learn something about each other.

Have each participant introduce him or herself and

- Identify someone who has contributed or mentored them in their professional development. Also have the person explain his or her relationship to the mentor.
- Complete the following sentence, “the big risk I ever took was ...”
- State their department and job title.
- Identify who they think is the most important person that has ever lived.
- Identify which make and model of car best describes them.
- State how long they have been with the company. The facilitator keeps a running score and announces at the end of the introductions that there is X number of years of experience in the room.
- State their expectations for the meeting.
- Complete the following sentence, “the best job I have had was ...”
- Share one positive improvement they have instituted in the past year in relation to their personal growth, their health, their relationships, their work, or their family.