

The Hard Way

Number of People	Approximate Time	Items Required
Unlimited	Less than 1 minute per person	Flip chart of board Magic marker

This introduction exercise allows participants to look back at previously behavior and see what they had to learn the hard way.

1. Determine the topics you will cover in class and list them on a flip chart.
2. Have each participant introduce him or herself and explain one thing they learned hard way from the topics you plan to cover.
3. Write each participant's name next to the topic and refer to what the person learned throughout the session.