

Are We Surfing or Deep Sea Diving? Activity List

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“Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.” Samuel Johnson (1709-1784)

Check In: 2-3 person check-we shared how we got to our current job (or a defining moment) and what we wanted to get from the workshop. A small group or pair check in allows for more intimacy as well as an assessment to see how people follow directions, the level that they share with each other, and comfort level (e.g., did they choose the person they know or someone they didn't know?) Modeling the response with your own story helps to set expectations.

Speed Greeting: Greet everyone in the room by name in less than (figure 2 seconds/person). Note afterwards how many people greeted the facilitator! A great opportunity to talk about limits we set on ourselves, how we leave people out, responsibilities for both the group and the person on the outside, etc.

Who Are You? In pairs, one person asks (over and over again) “Who Are You?” while the other person answers - as deep as they wanted to go - the question until the facilitator calls switch. Notice who only asks the question or who only answers the question. Notice the level being shared - does the person keep saying their name or does it deepen to values?

Knee Tag: A lovely variation of a tag game. If your hands are on your knees, your feet are planted - although you can tag uncovered knees passing you by! If your hands are on your belly, you can walk around (and tag any uncovered knees!). If tagged, you must squat or kneel with both hands in the air hoping for a high ten to free you to participate in the game. Great conversations about choice and roles we play and participation levels and asking for help and so much more! The processing techniques included whole group, small group, individual reflection, and sharing.

2 Minute Stare: In pairs, look into each other's eyes for two minutes without talking. Wonderful conversation opportunity about vulnerability, risk, and so much more!

Closing: Invite the group in small groups or pairs to share something that they are “taking away” from the workshop and provide some small transitional object to represent this (e.g., the tiny footprint)