

# Guidelines

***I will respect confidentiality.***

The experiences shared at this table tonight will be held in strict confidence.

**Nothing** from this Forum will be shared.

**No one**, not even your spouse—no exceptions

The commitment to confidentiality

**Never** expires.

***I will share to the level I am willing.***

**Lean** just beyond your edge – stretch yourself to explore and share.

Take **care** of yourself – you determine the level to which you disclose.

***I will not blame, shame or fix others.***

**Listen** with empathy and invite exploration.



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## Get Curious

1. Find a partner.
2. Using four sentence stems chosen from the list below, ask your partner to complete each sentence.
3. Find a new partner.

- I feel powerful...
- I feel frustrated when...
- I admire...,
- I feel powerless...
- My favorite quote...
- One life lesson I have learned is...
- I regret...
- If I accomplish only one thing while I am on this Committee, I would like it to be...
- My earliest childhood memory...
- On my deathbed...
- The best thing about my job...
- One thing I would change about my life...
- I laugh out loud...
- I joined YPO because...
- I am still a member of YPO/YPO Gold because...
- When I look in the mirror I see...
- My one wish is...
- If I had an extra hour in my day...
- My best friend would say about me...
- My family...
- The worst thing about my job...
- Work/life balance is...
- Wisdom is...
- I am committed...
- I long for...
- Success is...

<b>Title:</b>	<b>Spider Web</b>
<b>Type :</b>	<b>Ice Breaker /Forum Exercise/Retreat Exercise/ Events/Governance</b>
<b>Date:</b>	<b>June 2011</b>
<b>Topic :</b>	<b>Icebreaker/ Team Building</b>
<b>Sub-Topic</b>	
<b>Audience:</b>	<b>Forums/Events/All</b>
<b>Categories</b>	<b>Team Building/Retreats/ Events</b>
<b>Submitted By:</b>	
<b>Key Words (Tags):</b>	<b>Icebreaker, Getting Connected, Team Building</b>
<b>Materials Required:</b>	<b>N/A</b>

### Overview:

If you are looking for an exercise that helps the group focus on the need for the group to work as one team, you may want to try the following exercise which calls for physical interaction and teamwork.

### .Description:

This kinetic exercise can be used as an icebreaker or as a Retreat exercise with follow-up discussion.

Remember, you and your lead can adapt this exercise and decide how deep you want the exercise to go by changing the sample questions in the instructions to the group.

### Requirements :

- An area large enough for your members to make a large circle.
- A Ball of twine – this must be heavy enough to throw across the circle, so make sure that if it is not heavy enough that you weight it down in some way or use a heavy ball of twine.
- A moderator who is able to give the introduction and clear instructions for the exercise and do the closing.
- 

### Instructions:

- Everyone is to make a large circle
- The person holding the ball of twine will ask a question that is true about themselves or their role
- The questions can be as simple as “who has three children” or “who is a cat lover” or “who is facing transition issues in their chapter” or “who has attended a Southern US board meeting before”
- Those people who have the same issue or can answer yes should raise their right hand – the person asking the question then chooses one of the people with their hand up to throw the ball of twine to, but they **MUST** hold onto the twine when they throw the ball.
- The person catching the ball should then ask another question and throw the twine to the next person who answers – **ALWAYS** hold onto the twine before throwing.
- We will be building a spider web as we go.
- Please make the questions quick and snappy

- I will start, but remember to hold onto the twine when you throw it.
- “Who has travelled more than 2 hours to get to this meeting?”

***By the time you are finished the exercise that twine should have crossed the circle from participant to participant creating a spider’s web.***

### **Closing remarks:**

- Everyone keep holding the web together and let’s talk about the web we have created.
- Note how some participants are holding their connection – some have it high, others slack, some firm and tight – but regardless of how each person holds the web, every movement in the web affects others
- This exercise not only illustrates how each of us is connected to everyone else in the room but also how sharing connects us and how not sharing breaks the web. The more we share the stronger the web and the more connected and strong our group becomes.
- If one person lets go of the web, it affects others
- Before we start our meeting, I think this illustrates really clearly how working as a team will make our board stronger and how each member has an role going forward to share, network and build to create the strongest web possible for our Chapter/Forum/Team.

<b>Title:</b>	<b>Stand Up</b>
<b>Type :</b>	<b>Ice Breaker /Forum Exercise/Retreat Exercise/ Events</b>
<b>Date:</b>	<b>June 2011</b>
<b>Topic :</b>	<b>Icebreaker</b>
<b>Sub-Topic</b>	
<b>Audience:</b>	<b>Forums/Events/All</b>
<b>Categories</b>	<b>Personal Development/Retreats/ Events</b>
<b>Submitted By:</b>	
<b>Key Words (Tags):</b>	<b>Icebreaker, Getting Connected, Disclosure, Discovery, Integration</b>
<b>Materials Required:</b>	<b>List of Questions for Leader</b>

## Overview:

Icebreakers are a great way to begin a meeting. They help to relax participants, and that makes them more receptive to listening and contributing.

An icebreaker can also serve to build a safe container and team atmosphere to generate enthusiasm.

Icebreakers can be fun, amusing, humorous, thoughtful, surprising or just plain silly. The most popular are games that have participants reveal something personal about themselves, or which encourage participants to get to know each other personally. The idea is that more than just having fun, the icebreaker will truly help to create group cohesion based on trust and understanding.

One of the tricks of an icebreaker is timing. It should not be too long otherwise the serious work of the meeting will not be given enough time. It should not be so short that participants feel it was a perfunctory exercise.

Timing also depends on the size of the group, the overall length of the event, and the purpose of the event. An all-day retreat might warrant a half hour icebreaker, but a one-hour meeting may merit only a minute or two.

## Description:

This is an exercise to get people moving and also help everyone to get to know each other. Tell participants that you will read a series of statements. If the statement applies to them, they are to stand up. Start off with surface type statements and move to those that are deeper.

Stand up ...

- If you like to snow ski, swim, hike, bike, golf, play tennis, windsurf, drink wine (pause after each)
- If you are an only child, have fewer than three siblings, are one of six or more children in your family
- If you are part of a family owned business, started your own business
- If you like classical music, country music, rock and roll, heavy metal, rap
- If your birthday is this week, today, in May, August, December
- If you drive a Harley
- If you have been in YPO-YPO Gold for less than two years
- If you have been in YPO-YPO Gold for more than 10 years
- If you exercise almost every day, rarely exercise, made a New Year's resolution to exercise this year, compete in triathlons, marathons, tennis tournaments, rodeos
- If you are a twin, have twins, triplets
- Have milked a cow, ridden a horse, ridden a mule
- If you have a child under the age of two ... that is in high school ... that has graduated from high school ... that is independent
- If you are a grandparent
- If you are a vegetarian, believe you are overweight, have or have had an eating disorder
- If you have a dog that you consider to be part of your family, a cat, a horse
- If you live on a farm, in the town in which you were born, within 10 miles of your parents
- If you worked to put yourself through college or grad school
- If you own a boat, plane, sports car, helicopter, second home
- If you or a member of your immediately family have ever been addicted to alcohol, drugs, tobacco, gambling, shopping
- If you have a fear of heights, air travel, public speaking
- If you or a member of your family has served time in prison, filed for bankruptcy
- If both of your parents are alive, if both of your parents are deceased
- If one of your parents is seriously ill
- If you or a member of your family has a disability
- If you have been fired from a job
- If you were bullied as a child
- If you or a member of your family has been abused sexually or emotionally
- If you have been divorced, widowed
- If you lost a parent before the age of 18
- If you have lost a child
- If you or your spouse have had a life-threatening illness
- If you have lost a member of your immediate family within the last year



<b>Title:</b>	<b>Ying Yang</b>
<b>Type :</b>	<b>Ice Breaker /Forum Exercise/Retreat Exercise/ Events</b>
<b>Date:</b>	<b>June 2011</b>
<b>Topic :</b>	<b>Icebreaker</b>
<b>Sub-Topic</b>	
<b>Audience:</b>	<b>Forums/Events/All</b>
<b>Categories</b>	<b>Personal Development/Retreats/ Events</b>
<b>Submitted By:</b>	
<b>Key Words (Tags):</b>	<b>Icebreaker, Getting Connected, Disclosure, Discovery, Integration</b>
<b>Materials Required:</b>	<b>List of Statements for Leader; Paper, Marker and Tape</b>

### Overview:

Icebreakers are a great way to begin a meeting or use to start a new session after an extended break. They help to relax participants, and that makes them more receptive to listening and contributing. An icebreaker can also serve to build a safe container and team atmosphere to generate enthusiasm. Icebreakers can be fun, amusing, humorous, thoughtful, surprising or just plain silly. The most popular are games that have participants reveal something personal about themselves, or which encourage participants to get to know each other personally. The idea is that more than just having fun, the icebreaker will truly help to create group cohesion based on trust and understanding.

One of the tricks of an icebreaker is timing. It should not be too long otherwise the serious work of the meeting will not be given enough time. It should not be so short that participants feel it was a perfunctory exercise.

Timing also depends on the size of the group, the overall length of the event, and the purpose of the event. An all-day retreat might warrant a half hour icebreaker, but a one-hour meeting may merit only a minute or two.

### Description:

This Ice Breaker gets participants moving around right away with an opportunity to ease in to the flow of the event. Participants start to observe differences and similarities among preferences within the group.

It is best for groups that are not familiar with each other and can be used for either a new Forum or Event.



Mark or label two opposite sides of the room, Alpha and Beta.

Invite the group to stand in a circle and you should take a position in the center of the circle.

Advise the group that there will be two options and ask them to move to the side of the room that best apply to them.

*(Start with lighthearted and fun choices)*

**Alpha**

Early Riser  
Outgoing  
Red Wine  
Madonna  
Cinema  
Independent  
Country Music  
Birthdays  
Summer  
Travelling

**Beta**

Night Owl  
Shy  
White Wine  
Lady Gaga  
Theater  
Team player  
Classical Music  
Christmas  
Winter  
Stay at Home

*(Move into deeper questions)*

Lighthearted  
Enjoying Order  
Calming the Water  
Attention to Detail  
Self-Motivated  
Relying on my strengths  
Confronting Conflict  
Acting Spontaneously  
Flexible  
Boundaries as barriers

Serious  
Enjoying Chaos  
Stirring the Pot  
Looking at the big picture  
Motivated by others  
Facing my weaknesses  
Avoiding Conflict  
Carefully Planning  
Firm  
Boundaries as structure

<b>Title:</b>	<b>If you Knew Me...</b>
<b>Type :</b>	<b>Ice Breaker /Forum Exercise/Retreat Exercise/ Events</b>
<b>Date:</b>	<b>June 2011</b>
<b>Topic :</b>	<b>Icebreaker</b>
<b>Sub-Topic</b>	
<b>Audience:</b>	<b>Forums/Events/All</b>
<b>Categories</b>	<b>Personal Development/Retreats/ Events</b>
<b>Submitted By:</b>	
<b>Key Words (Tags):</b>	<b>Icebreaker, Getting Connected, Disclosure, Discovery, Integration</b>
<b>Materials Required:</b>	<b>List of Questions for Leader</b>

**Overview:**

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One of the tricks of an icebreaker is timing. It should not be too long otherwise the serious work of the meeting will not be given enough time. It should not be so short that participants feel it was a perfunctory exercise.

Timing also depends on the size of the group, the overall length of the event, and the purpose of the event. An all-day retreat might warrant a half hour icebreaker, but a one-hour meeting may merit only a minute or two.

**Description:**

This is an exercise helps everyone to get to know each other

Tables seating 6-8 max (rounds). The idea is for participants to start with the statement “If you knew me you would know that I ...(e.g. have a real estate business.....) Each participant would make the statement until it gets back to the starter and they would then go around again. The purpose is for each participant to disclose a little more each time to the group and go a little bit deeper.

<b>Title:</b>	<b>Sentence Stems</b>
<b>Type :</b>	<b>Ice Breaker /Forum Exercise/Retreat Exercise/ Events</b>
<b>Date:</b>	<b>Aug 2013</b>
<b>Topic :</b>	<b>Icebreaker</b>
<b>Sub-Topic</b>	
<b>Audience:</b>	<b>Forums/ All</b>
<b>Categories</b>	<b>Personal Development/Retreats/ Events</b>
<b>Submitted By:</b>	
<b>Key Words (Tags):</b>	<b>Icebreaker, Getting Connected, Disclosure, Discovery, Integration</b>
<b>Materials Required:</b>	<b>Gong and instructions</b>

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Timing also depends on the size of the group, the overall length of the event, and the purpose of the event.

## Description:

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Tables seating 6-8 max (rounds). The idea is for participants to start with the sentence provided “If you knew me you would know that I ....(e.g. have a real estate business.....) Each participant would make the statement until it gets back to the starter and they would then go around again until the gong is sounded. The purpose is for each participant to disclose a little more each time to the group and go a little bit deeper. The number of questions used will depend on the time available for the icebreaker.

## Instructions:

- a. We are going to do an icebreaker called a “sentence stems.”
- b. Please get into groups of 6 or 7, preferably with members/spouses you do not know well.
- c. I am going to give you the beginning of a sentence, a sentence stem, and then you are going to go around your group and each repeat the beginning of the sentence and then complete the sentence as you wish.

- i. For example, if I gave you the sentence stem “the weather outside today is ...”; then you would repeat the stem and complete the sentence, so the first person could say ... “The weather outside today is... fine.” And then the next person would begin the same way “The weather outside today is... fairly warm, kind of humid and it could rain which I really hope does not happen because I want to see the full moon tonight.” That also is still one sentence, though it is multi-clause. You can choose how much you want to add. It can be multi-clause, run on sentence but please keep it to one sentence. You may be tempted to do more but resist that temptation.
- d. Find the person in the group that has travelled the furthest to this meeting. That is the person that will start (pause for them to find starter). You will then go round the group in a clockwise direction; when I sound the gong and you get a new sentence stem. If each of you have completed the sentence and the gong has not sounded, keep going (i.e., go again) until you hear the gong.
- e. Any questions?

**Sentence Stems:**

- **If you knew me you would know ... If you knew me you would know....**  
“BEGIN”
- **The reason I became an Officer is ... The reason I became an Officer is...**
- **What I am passionate about when it comes to YPO is ... What I am passionate about when it comes to YPO is ...**
- **My vision for my tenure is ... My vision for my tenure is...**
- **One of the greatest compliments I have ever received is ... One of the greatest compliments I have ever received is ...**
- **One of the ways I underestimate myself is ... One of the ways I underestimate myself is...**
- **I can make a big difference to my chapter/region by ... I can make a big difference to my chapter/region by...**
- **My biggest fear is..... My biggest fear is.....**