

I	<i>In this session we will get to know each other a little better.</i>
We	<i>The way I thought we could do this would be for you to share some information about yourself with a colleague</i>
You	<i>such that by the end of this session you've found out something that you didn't know before and feel even more comfortable working with them through the rest of the workshop.</i> <i>OK?</i>

- List 10 single words on a flip chart that say something about you; the things in your life; likes, dislikes, hobbies, how you're feeling. Anything really. Single words.
Eg: Married, Happy, Hungry, Tennis, Nature etc
- Ask participants to individually write 10 words about themselves on page 2 of the workbook.
- Leave time for people to think, but not too much time. Walk around the room checking progress. After a few minutes ask if anyone is wide awake and has raced to 10 words. Anyone with less than 7? 7 is about the minimum required.
- Back to your words - ask participants which three of your words they would like to hear more about. Give more info about each of the three. No more than 1 minutes per item.
- Ask participants in their table groups to each share their whole list of words. Others on their table then say which three they want to hear about. Then rotate so that each person in each group has a turn. Stress no more than 3 minutes per person. Also that this is not a Q&A session!
- Ask participants which three things were different about that opening to more common ways of starting training workshops.
- Optional: Ask table groups to quickly write down their single word reactions (e.g. "boring") to what they just did.
- Draw out:
 - limited to 3
 - audience chose which 3
 - more about who you are as opposed to what you do
 - not a "speech" about how great you are
- Mention that all three are an underlying theme to the whole workshop. It is about the audience, it is about being memorable and it is about being more "personable".