

Clear Communication



Session plan/outline

2 hour **EXAMPLE**

Part 1 - 20 minutes

Establish Safe Space - ease fear of art, drawing and creativity

Introduce Facilitator, establish credibility

Allow questions

10 Minutes - Establish safe space for creativity, allow questions, break down barriers.

10 minutes introduction to facilitator and history.

Part 2 - 20 minutes

Warm Up Art

Individual/Pair exercises

Focus on engagement, icebreaking, wellness and fun

Perfect Circle - 5 minutes

Focus appreciation of others input and collaboration

Draw your perfect day - 10 minutes

Whiteout, get to know your peers

Shape Game - 5 minutes

Pairs

Allow free, fun creativity and collaboration

Improve non-verbal communication and accepting peers contribution

Reflection Questions -

How did you experience change?

If you'd like to share, could you tell us something that surprised you about this process?

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Part 3 - 60 minutes

Small Group Projects and light Competition

Break into groups of 3-6 people

Following Tuckman's Theory of Teams

Exercise 1 - 30 minutes -

Group Pictionary - 2 rounds - 5 minutes each

Ice-breaker/team within team cohesion/co-operation exercise

Focus on communication, engagement, fun, team dynamic

Exercise 2 - 30 minutes

Verbal Pictionary

Engage communication skills using art and design language

Understanding group dynamics and leadership roles

Teach empathy when giving directions to others

Develop communication sensitivity

Part 3 - 20 minutes

Whole office work together

20 Silent creativity - no talking - no restrictions on colour

Start in same groups as previous part

Ask one member of the group to change teams

Ask teams to switch from their drawing to another team's

Ask all teams to combine in fresh central paper

End combining all groups into one even larger paper

Explore Elements of Change within this framework.

Understand team dynamics and what it means to rejoin the group and co-create