

Annex 14: Boasters - Icebreaker

Module 10 activity

Learning Goals

- Encourage participants to share their personal experiences related to networking
- Boost the trainees' confidence in themselves and their achievements in order for them to be positive in any networking experience

Background Information

This icebreaker is useful to help break the ice in a fun way at the beginning of this training session. It works well in encouraging participants to open up and share positive experiences and personal triumphs and prepare them for sharing their story for networking purposes.

Duration

10 to 20 minutes

Room Organisation

The trainees could be seated in a circle for a more personal approach to the exercise

Support material

No material needed

Instructions

1. After organising the trainees in a circle, the trainer explains the goal of the activity
2. The trainer asks each of the trainees to present themselves (name if they don't know each other and role in their organisation) and provide three examples of things that they are really good at in their job or even three fantastic achievements they have had in their working role.
3. When necessary, prompt the participant to share more and encourage them to be as positive as possible about their achievements. Encourage them to be 'boastful'.