

Appendix 1:

Experiential exercises

Choose at least 2 exercises from 1–3 *and* exercise 4 to illustrate how communication affects our behaviour. Carefully time each exercise so that it lasts only 1 minute.

Do not tell learners the length of time of each exercise... until the end!

- Ask the group to divide into pairs and to stand up and find a space in the room.
- Ask the pairs to nominate who will be person 'A' and person 'B' in their pair.

Exercise 1

- Ask all 'A's to leave the room with you (so that the 'B's cannot hear what you are saying).
- Tell 'A's that they will need to tell their partner a story or anecdote about something they have done which was important to them.
- Whilst you give them time to think, go back into the training room and instruct 'B's to listen to the story but to be 'passive' (make no comments or responses as 'A' speaks).
- Invite 'A's back into the room and instruct them to stand back to back with their respective 'B's.
- Ask 'A' to tell their story to 'B'.
- When one minute is up, ask both 'A's and 'B's how it felt for them.

Exercise 2

- Ask all 'B's to leave the room with you (so that the 'A's cannot hear what you are saying).
- Tell 'B's that they will be telling a story or anecdote. Advise them that they know that their partners are going to be up to something, so they need to work really hard to get their attention.
- Whilst you give them time to think, go back into the training room and instruct 'A's that they must act as though they cannot understand a word that their 'B' partner is telling them.
- Tell them to use all their acting skills; look puzzled, ask questions, shake their heads, etc!
- Invite 'B's back into the room and to stand or sit face-to face with their respective 'A'.
- Ask 'B's to begin telling their 'A' partner the story or anecdote.
- When one minute is up, ask both 'A's and 'B's how it felt for them.

Exercise 3

- Ask all 'A's to leave the room with you (so that 'B's cannot hear what you are saying).
- Tell 'A's that when they return to the room, you're going to ask the 'B's to tell them a story or anecdote.
- Instruct 'A's that they must display 'unsociable' behaviours (ignoring, singing, 'appropriate' touching of the person, texting, walking away, shouting, etc.).
- Please note that all participants should only do things which they feel comfortable doing – this will depend on how well they know their partner and what they feel 'unsociable' is.
- Return to the room and tell 'B's that they will need to tell their 'A' partner a story or anecdote about something they have done which was important to them. Advise them that they know that their partners are going to be up to something – so they need to work really hard to get their partners attention.
- Give both 'A's and 'B's time to think before you ask 'A's to return to the training room.
- Re-establish the pairs facing each other.
- Ask 'B's to tell 'A's a story or anecdote about something they have done that was important.
- When one minute is up, ask both 'A's and 'B's how it felt for them.

Exercise 4

- Ask 'A's and 'B's to have a conversation together.
 - There are no rules apart from being equal participants – they can sit, stand, walk; whatever feels right.
 - Ask them to use all their very best communication skills to show they are actively listening.
 - When the minute is up, ask A and B to FREEZE! Just for a moment, to see if they are mirroring each other... How did this feel for them?
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- Now that all the exercises are complete, ask the group how long they thought each individual exercise lasted. Reveal that each exercise lasted for exactly one minute. Explore whether the length of time felt different when they were not being 'listened to' compared to when they were.
 - Then stress that it takes no more time to have a successful interaction than it does to have an unsuccessful one!