

Break the Ice, Energise

Booklet

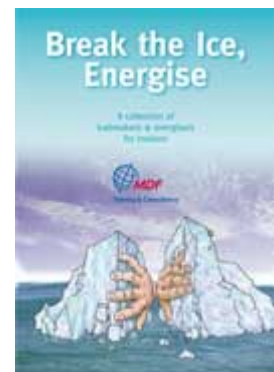
There is no doubt that the effective use of icebreakers and energisers often makes the difference between success and failure in a training session. Employing the right openers, warm-ups, in-session games, and after lunch activities can result in a turnaround in participants' moods, attitudes and even mindsets about the importance of a training and development event.

Aim

This booklet aims to assist trainers in attaining and retaining a positive learning experience. This can be done by creating trust and cohesion within the group, bringing in some variation, and activating the mind.

Icebreakers

When groups first form, people tend to be rather reserved, perhaps even shy. Icebreakers are great ways of removing this initial tension by letting people introduce themselves and letting them get to know each other a little better, in a creative way. This category contains activities which aim to ease the way people remember each other's names, encourage interaction and find out some background information about the other participants.



Mental and physical activities

In this booklet we have made a distinction between activities that largely have a physical nature and activities that involve mental skills. The reason behind this is to deal with the two different kinds of fatigue a workshop participant can experience.

After a session full of new information, people's minds can become saturated; they become mentally tired. You can get the participants into another state of mind by engaging them in a physically demanding activity. As a result, people become involved and alert, this enables them to 'reset' their learning modus and makes them more able to absorb new information.

So, depending on the atmosphere and the mental and physical state of the participants, this booklet offers you various different options.

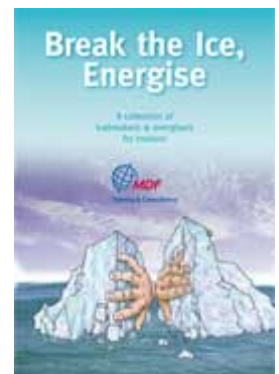
The Booklet Break the Ice, Energise has collected 65 activities which we have divided into three categories: Icebreakers, physical energisers and mental/passive energizers, including short instructions on their use.

Find more information on our website: www.mdf.nl/publications

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2. You receive an email confirming your order, the cost, and our bank details
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4. We ship you the 'Break the Ice, Energise' upon receipt of your payment



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