

Creating and Inspiring HOPE

Integrating *RECOVERY* Values and Principles

Into everyday practice in the Mental Health Workforce

Getting to Know You

Introduction:

It is usually helpful to begin with an exercise to help participants to

1. Get to know each other
2. Experience learning from working with other participants
3. Help them begin the process of working together

You may have other favoured exercises or decide not to use it if people know each other from previous training programmes or are from the same workplace.

Activity

In this exercise the participants are asked to talk about themselves to one other person using the **Getting to Know You** worksheet to structure their conversation.

Aims:

1. To help participants and the teaching staff meet and get to know some of the other people on the programme and to “break the ice.”
2. To experience learning from working with other participants – the main approach to learning throughout the programme

Materials:

1. One copy of the **Getting to Know You Worksheet** for each person
2. Flip chart and pens for each pair/group
3. Masking tape or bluetak to display the finished posters

Timing:

1. Facilitators introduction 10 minutes
2. Group work/working in pairs – 10 minutes
3. Concluding plenary discussion 20 minutes

Instructions:

1. Introduce the exercise, refer to the aims and explain that the exercise as well as being extremely informative can be fun. Emphasise that it's a great way of getting to know the other people on the programme.

2. Talk the participants through the **Getting to Know You Worksheet** and check that they understand what's expected of them answer any questions.
3. Divide participants into pairs or small groups. Everybody should get a chance to give feedback so it's probably best to work with pairs up to a maximum of twelve people but above that use larger groups. This prevents the feedback from taking up too much time.
4. Invite people to spend no more than 10 minutes talking to each other and if you feel it is helpful, visit each pair/small group as they work, keep time, remind them when they have two minutes left, ask them to return to the large group after 10 minutes having decided who is going to present their poster.
5. When everyone is back in the large group ask the groups/pairs to present their posters in turn, invite comments and questions. Then lead a discussion on the following questions:
 - ***What does the exercise tell you about the kind of people attending the programme;***
 - ***Ask people for their view about the range of talents and abilities amongst the group.***
6. Finish this exercise by summarising the above brief discussion and asking the students to display their posters around the room for the rest of the day. Make sure that you emphasise the positive abilities and experiences of the group - be constructive and positive.
7. You might want to consider keeping the posters and displaying them around the room each time the group meets.

Getting to Know You

The task of this exercise is for you to prepare a poster to present to the large group to illustrate your conversation with at least one other person attending this workshop. You should feel free to be as creative as you like. Don't just restrict yourself to writing on the flip-chart paper – think about how you might be able to represent your discussion through drawings or diagrams.

Your discussion should focus on getting to know the other person as well as you can in the very limited time that you have available to do this.

Here are some questions that might help get you started. Remember you will be expected to put together a poster about the person you talk to so be sure to ask them if there's anything that they don't want you to report to the large group

What is their name and how would they prefer to be addressed by the rest of the group?

How did they get here today?

What do they do and where do they work?

What kind of things do they enjoy doing in their spare time?

What has been their proudest moment so far – in the whole of their life?

What has been their most embarrassing moment so far – in the whole of their life?

Getting to Know You

What is their life-time ambition?

If they could choose to be an animal what animal would that be? You can definitely draw this!

What or who is the love of their life? – You can draw this too!

Is there anything else that they would like you tell the rest of the group or draw on the poster?

Have you checked with them about the things that they might not want you to report to the large group!

NOW PREPARE YOUR POSTER!