

Ice Breaker Activities for Training Sessions

"Learning from Experience"

Have participants introduce themselves and answer questions about their experience with the topic about the topic you are covering. Practice "encouragement" as a key value. Have others throughout the session.

"Challenges and Objectives"

Have participants discuss their current challenges and identify their objectives for the session. Write down their objectives for the session. Read each other's objectives. Have them discuss their objectives and share how you can help them achieve them.

"Questions"

Have each participant write a question about the topic on a sticky note. Read the questions and have others answer them. Encourage participants to ask questions and have others answer them. Encourage participants to ask questions and have others answer them.

"Role Models"

Have each participant identify a role model in their industry. Write down the name of the role model and the qualities of their role model that inspire them. Encourage participants to share their role models and have others share theirs.

"Goals and Objectives"

Have participants introduce themselves, sharing their name, company, role, and where they are from. Encourage participants to share their goals and objectives for the session. Encourage participants to share their goals and objectives for the session.

"Collective Knowledge"

Have participants write on a sticky note a word or phrase related to the topic. Write down the words and phrases and have others read them. Encourage participants to share their words and phrases and have others share theirs.

"A Helpful Colleague"

Have participants identify someone who has contributed to their professional development and who they would like to have as a mentor. Write down the name of the mentor and have others share theirs. Encourage participants to share their mentors and have others share theirs.

Adapted from *Skills Through Training* (©) 2010 Pearson Education, Inc.