

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 they can help each other.

"Questions"

Have each participant write a question about the topic on a sticky note. Read the questions and have others answer them. Have each participant write a question on a sticky note. Read the 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 they admire. Have each participant share their role model.

"Goals and Objectives"

Have participants introduce themselves, sharing their name, company, role, and where they are from. Have them write down their goals and objectives for the session. Have each participant share their goals and objectives.

"Collective Knowledge"

Have participants write down a word or phrase that they associate with the topic. Have each participant share their word or phrase.

"A Helpful Colleague"

Have participants identify someone who has contributed to their professional development and who they admire. Have them write down the name of the person and how they have helped them. Have each participant share their name and how they have helped them.

Adapted from *Skills Through Training* (© 2010)