

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. Have them write their objectives for the session. Have them write their objectives for the session. Have them write their objectives for the session.

"Questions"

Have each participant write a question about the topic on a sticky note. Have them write a question on a sticky note. Have them write a question on a sticky note. Have them write a question on a sticky note.

"Role Models"

Have each person identify a role model in their industry. Have them write the name of the role model on a sticky note. Have them write the name of the role model on a sticky note. Have them write the name of the role model on a sticky note.

"One and Done"

Have participants introduce themselves, sharing their name, company, role, and where they are from. Have them write their name, company, role, and where they are from on a sticky note.

"Collective Knowledge"

Have participants write on a sticky note a word or phrase they are struggling with. Have them write the word or phrase on a sticky note. Have them write the word or phrase on a sticky note.

"A Helpful Colleague"

Have participants identify someone who has contributed to their professional development and why they admire. Have them write the name of the person and why they admire them on a sticky note.

Adapted from *Meeting Through Training* (© 2010) by [Name]