

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 next 24 hours. Have participants discuss their current challenges and identify their objectives for the next 24 hours. Have participants discuss their current challenges and identify their objectives for the next 24 hours.

"Questions"

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

"Role Models"

Have each participant identify a role model in their industry. Have participants identify a role model in their industry. Have participants identify a role model in their industry. Have participants identify a role model in their industry.

"Goals and Objectives"

Have participants introduce themselves, discuss their goals, objectives, and what is the "why" behind them. Have participants introduce themselves, discuss their goals, objectives, and what is the "why" behind them. Have participants introduce themselves, discuss their goals, objectives, and what is the "why" behind them.

"Collective Knowledge"

Have participants write on a sticky note a key concept or idea they have learned recently. Have participants write on a sticky note a key concept or idea they have learned recently. Have participants write on a sticky note a key concept or idea they have learned recently.

"A Helpful Colleague"

Have participants identify someone who has contributed to their professional development and why they admire the way they have approached their work. Have participants identify someone who has contributed to their professional development and why they admire the way they have approached their work. Have participants identify someone who has contributed to their professional development and why they admire the way they have approached their work.

Adapted from *Skills Through Training* (© 2010) by McGraw-Hill Education.