

I – GAME

This is a group activity starting with a game and leading to reflection on how participants deal with difficult situations.

10-15 min

Group activity

Material: ---

Why should I, as a coach, master this method?

It is fun for the group. In a reflection the group focuses on ways they use to deal with difficult situations.

Description:

The participants line up in pairs. Every pair is having a conversation about a given topic. The words “I, ME, MINE should be avoided. The participants control each other over this mutually. If one of the participants by mistake uses one of the forbidden words, he drops out and has to stand on the edge of the room. The remaining player is looking for another partner. This goes on until one winner will be left over.

Possible handling / analysis:

How do I cope with the difficult task?

With which tactic did I win?