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PR3 Training Toolbox

Discovering Connections

1) NAME AND DESCRIPTION OF THE TOOL

SESKAT. Development of social and emotional skills in adult training

2021-1-DE02-KA220-ADU-000035095



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"Discovering Connections" is an icebreaker activity designed to help a group of adult learners build connections and understand each other on a deeper level. Participants engage in one-on-one conversations to gather interesting facts about their peers, fostering a sense of team cohesion.

2) OBJECTIVES OF THE TOOL

- Facilitate introductions and create a positive atmosphere.
- Encourage active listening and empathy through personal interactions.
- Promote understanding and uncover commonalities within the group.

3) CONNECTION OF THE TOOL WITH EMOTIONAL INTELLIGENCE/SOFT SKILLS

This tool is linked to emotional intelligence as it encourages participants to engage in meaningful conversations, fostering self-awareness and empathy. Soft skills such as active listening, communication, and interpersonal understanding are integral to building connections.

4) RESOURCES & MATERIALS

- Flip chart or whiteboard,
- Markers,
- Sticky notes or index cards,
- Timer or stopwatch,

5) IMPLEMENTATION OF THE TOOL

Duration: 30-45 minutes

Step 1: Introduction and Setup (5 minutes)

Welcome participants and introduce the icebreaker activity.

Explain that the activity involves one-on-one conversations to discover interesting facts about each other.

Step 2: Icebreaking Pairing (5 minutes)

Randomly pair participants or have them choose a partner.

Explain that they will have a set amount of time for a conversation with their partner.

Step 3: One-on-One Conversations (15-30 minutes)

Assign a specific theme or leave it open-ended (e.g., hobbies, memorable experiences, aspirations).

Each participant takes turns sharing interesting facts about themselves during the one-on-one conversation.

Set a time limit (e.g., 3-5 minutes per person) to keep conversations dynamic.

Step 4: Reflection and Commonalities (10 minutes)

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After the one-on-one conversations, lead a group discussion about common themes, shared experiences, or interesting facts. Use the flip chart or whiteboard to note down commonalities or intriguing discoveries.

Step 5: Group Discussion and Sharing (5 minutes)

Facilitate a group discussion about the overall experience. Encourage participants to express how the activity made them feel and what they learned about their colleagues.

6) EXPECTED LEARNING OUTCOMES

Participants build a stronger sense of connection and understanding within the group by engaging in one-on-one conversations and discovering interesting facts about each other. The activity promotes active listening, empathy, and the recognition of shared experiences. Learning outcomes include enhanced team cohesion, improved communication, and a foundation for collaboration. For example, participants may uncover surprising commonalities or shared passions during their conversations, creating a more personal and interconnected team dynamic.