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PR3 Training Toolbox

Two Lies, One Truth

SESKAT. Development of social and emotional skills in adult training

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1) NAME AND DESCRIPTION OF THE TOOL

"Two Lies, One Truth" is an engaging activity designed to enhance the capacity to engage others through the exploration of personal narratives. In this activity, each participant shares three statements about themselves—two of which are false, and one that is true. The rest of the group actively listens, asks questions, and collaboratively attempts to discern the true statement, fostering a sense of connection and understanding.

2) OBJECTIVES OF THE TOOL

1. **Facilitate Personal Engagement:**
 - Encourage participants to share personal anecdotes, fostering a sense of openness and connection.
 - Promote active listening and engagement as participants strive to understand each other.
2. **Develop Questioning Skills:**
 - Participants practice asking thoughtful questions to uncover details about each other's stories.
 - Enhance the ability to engage others through curiosity and inquiry.
3. **Build Trust and Connection:**
 - Create an environment where individuals feel comfortable sharing personal information.
 - Cultivate a sense of trust and camaraderie within the group.
4. **Promote Active Participation:**
 - Encourage all participants to actively participate in both sharing and guessing.
 - Strengthen the group's ability to engage with diverse perspectives.

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

- **Social Awareness:** Participants observe and interpret non-verbal cues during the guessing process.
- **Relationship Management:** Building connections and trust through shared personal stories.
- **Communication:** Practicing effective communication through storytelling and questioning.

4) RESOURCES & MATERIALS

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- Cards or slips of paper for participants to write their statements.
- A facilitator guide with instructions and suggested prompts.
- An open and inclusive space for the activity.

5) IMPLEMENTATION OF THE TOOL

- 1. Introduction and Explanation (10 minutes):**
 - Brief participants on the purpose of the activity: to engage others through storytelling.
 - Explain the rules: each participant shares two false statements and one true statement about themselves.
- 2. Sharing Stories (30 minutes):**
 - Each participant takes turns sharing their three statements.
 - Encourage creativity and a mix of lighthearted and meaningful stories.
- 3. Questioning and Guessing (30 minutes):**
 - After each participant shares, others ask questions to uncover more details.
 - Group members collectively guess which statement is true.
- 4. Discussion and Reflection (15 minutes):**
 - Facilitate a group discussion on the experience.
 - Explore how the activity contributed to understanding and engaging with each other.
- 5. Rotation and Repeat (15 minutes):**
 - Rotate to the next participant and repeat the process.
 - Encourage active participation from all group members.

6) EXPECTED LEARNING OUTCOMES

- Improved capacity to engage others through active listening and thoughtful questioning.
- Strengthened social awareness through observation of non-verbal cues.
- Enhanced relationship management skills by building trust and connection.
- Increased comfort in sharing personal stories within a group setting.
- Fostering a sense of community and camaraderie among participants.