

# Discovering Connections

**SESKAT Training  
Toolbox**

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## Description

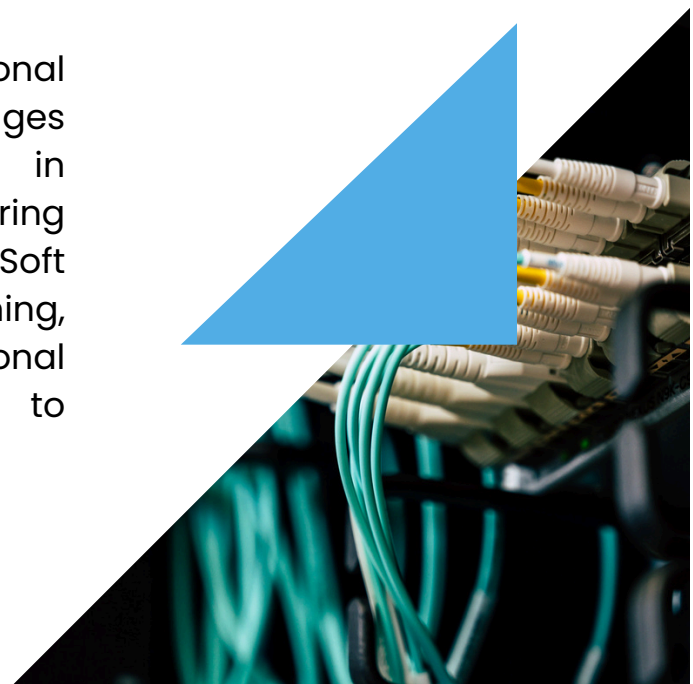
"Discovering Connections" is an icebreaker activity designed to help a group of adult learners build connections and understand each other on a deeper level. Participants engage in one-on-one conversations to gather interesting facts about their peers, fostering a sense of team cohesion.

## Objectives

- To facilitate introductions and create a positive atmosphere
- To encourage active listening and empathy through personal interactions
- To promote understanding and uncover commonalities within the group

## Connection with Soft Skills and Emotional Intelligence

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.



# Resources and Materials

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

## Steps

**01**

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.

**02**

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.

**03**

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.

**04**

10 minutes: 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.

**05**

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.

# 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.

