

Two Lies, One Truth

SESKAT Training
Toolbox



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Description

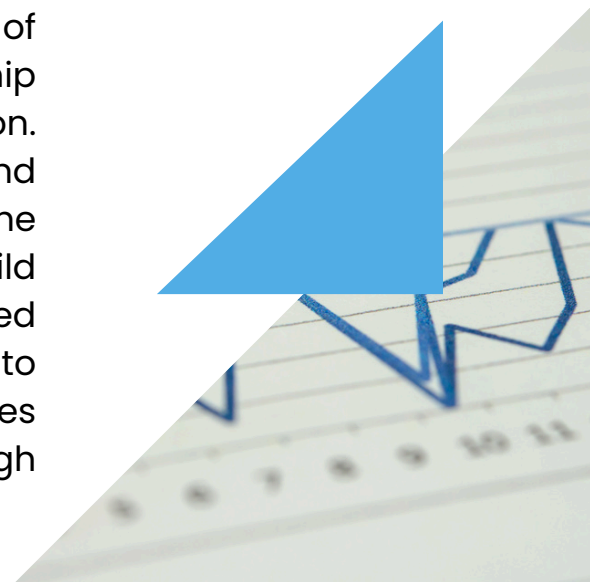
"Two Lies, One Truth" is an engaging activity designed to enhance the capacity to engage others through the exploration of personal narratives. In this activity, each participant shares three statements about themselves— two of which are false, and one that is true. The rest of the group actively listens,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

Objectives

- To encourage participants to share personal anecdotes, fostering a sense of openness and connection.
- To promote active listening and engagement as participants strive to understand each other.
- To create an environment where individuals feel comfortable sharing personal information.

Connection with Soft Skills and Emotional Intelligence

This activity supports the development of social awareness, relationship management, and communication. Participants are able to observe and interpret non-verbal cues during the guessing process. They also build connections and trust through shared personal stories, as the activity is likely to spark conversation. Finally, it encourages effective communication through storytelling and questioning.



Resources and Materials

- Cards or slips of paper for participants to write their statements.
- An open and inclusive space for the activity.

Steps

01

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.

02

30 minutes: Each participant takes turns sharing their three statements. Encourage creativity and a mix of light-hearted and meaningful stories.

03

30 minutes: After each participant shares, others ask questions to uncover more details. Group members collectively guess which statement is true.

04

15 minutes: Facilitate a group discussion on the experience. Explore how the activity contributed to understanding and engaging with each other.

05

15 minutes: Rotate to the next participant and repeat the process. Encourage active participation from all group members

Learning Outcomes

Completing this activity will result in:

- 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

