

SELF-DISCLOSURE INTRODUCTIONS-3

OBJECTIVES

To provide innovative ways of introducing members to each other.

To build team spirit by helping members to learn more about each other.

To help establish self-disclosure as a team norm.

MATERIALS REQUIRED

None.

PROCEDURE

Group members introduce themselves by name but also provide a nickname that they now have, once had, or would be willing to have if they could pick their own.

During breaks, members are encouraged to circulate and explore the reasons behind the announced nicknames.

PS

Allow 1 minute per person.

This activity is not limited to use with newly formed teams. It also can be effective as a meeting warm-up with established teams. When introducing the activity to groups whose members already know each other, point out that there is always something new team members can learn about each other that will increase rapport and make the team members aware of each other's strengths and applicable experiences.

YOU HAVE MORE TIME

Combine this activity with another one of the self-disclosure introductions.