



FREE Resources for
Workplace Learning Professionals

AND ASSOCIATES INC. We Make Training **Stick!**

1-888-35-STICK

ENERGIZERS

Story, Song, Poem or Saying

I've used this for years, mostly in behavior styles workshops such as DiSC or Myers Briggs. Very energizing!

Divide people into groups based on their personality style, stress style, or any other type/style identified by a self-assessment in the workshop. Ask each group to come up with a story, a song, a poem, or a saying that best describes their style. Allow only 3-4 minutes for preparation, then ask for a "performance" from each group. As an "added bonus," you can often observe and point out to them how easy it is to see their styles in their groups as they work on this project.

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