



Dynamic Duos

TYPE:

Communication Tool, Self Reflection

GROUP SIZE:

Any

MATERIALS:

Copies of provided worksheet, Flip Chart, & Markers

INTRODUCTION:

This activity will enable you to engage in one on one communication that will enhance your awareness of personal growth and development.

DESCRIPTION:

Have group members complete the provided worksheet. Allow 10 minutes for this task. Partner group members and instruct them to share their responses. Allow 20 minutes for this task. Have group members write some thoughts and feelings about the development of their partner. Repeat this at each training session maintaining the same partners. Tell group members that they will turn in the complete journal in the middle and at the end of the year.

PROCESSING:

This activity is designed to facilitate the process of self evaluation and reflection. Further, group members have the opportunity to share feelings and thoughts with a consistent partner throughout their experience. This creates a special, mentor like relationship between group members.

OUTCOMES:

- To help group members engage in one on one communication
- To foster a strong support network
- To provide avenues for self reflection and evaluation

REMEMBER:

- Introduce the exercise*
- Explain it thoroughly*
- Process it completely*