Title: **Mission Impossible: Not to Communicate**

Exercise Code:

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness  | Small groupLarge group | 30 min |

# Purpose: To become aware of our inability to not communicate

# Description: The basic assumption is that it is impossible not to communicate, and therefore we constantly pass the information to people around us , even if what they perceive does not match what we really want to convey.

# Material: /

# Methods: The exercise is done in the following way:

# we choose a person among the participants, and we go out of the room so that the group cannot see what is going on;

# We ask the person to get back in the classroom (or in contact with the rest of the group) doing his/her best to NOT COMMUNICATE ANYTHING;

# the trainer, before letting the person get in the room, tells the group: "the person who is going to get back has received a task, please observe carefully and write on a sheet your impressions about the task given";

# After 10 minutes, the group will share their impressions and compare with the task the trainer gave.

# Advice for Trainer:

# Source/Literature:

# Handouts: