Reflection

HOW ‘THEY’ LIVE THEIR LIVES

Supports creativity, presentation skills, understand differences in perception

Description

This exercise requires men and women to work in separate groups (4-6 individuals each group). Each group is asked to predict life of the opposite sex in regard to work, education, social life, spare time, family and living conditions.

The group’s ideas are written down on a notepad. When finished, the results are presented to the other group. A joint discussion proceeds of what is similar and different between the groups.

Notes

This exercise helps participant to understand how different perceptions about the opposite sex can be. It may very well add to the fun factor in a training but also raise serious discussions. Can also be used in teambuilding processes when two or more teams have to be integrated.

Material paper and pens; well mixed group of women and men

Timeframe 45minutes