Title: Feel the difference

Exercise Code SLQUALED008

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| Modules: | Group size: | Duration: |
| 1. Social Learning  3. Personal Integrity  4. Professional Integrity | Small group  Large group | 60 min |

Purpose:

To understand differences in body language; to realize male and female approaches and recognize their origin in one’s life’s history. Good exercise to make differences visible through body language. Participants get a chance to “feel” the difference.

# Description:

Participants imagine a line that separates the room into two areas, the female area and the male area.

Everybody moves into the male area first and presents with movements, body posture, mimic and gestures to feel as a man. “I am …. I’ve got …. I do …. “

Everybody now changes over to the female area and present with movements, body posture, mimic and gestures to feel as a woman. “I am …. I’ve got …. I do …. “

Now participants move back and forth between the male and the female area and try to feel which body postures, movements, which gestures and mimic suit them.

Reflection on the following questions:

* How did I do in the two areas?
* Which memories have come up?
* What did I find easy, what more difficult?
* Where do I know the behaviors from?
* Do I recognize them out of my own life history?
* Of myself? Of other persons in my environment?
* How do I behave in which situations?
* Which clichés of male and female do I have in myself?
* Which sayings, phrases, directions come to my mind?
* What have I noticed about others?

# Material:

Enough free space to part the room into two areas

# Methods:

Experiental learning , self-reflection

# Advice for Trainer:

Optional, the following action can be inserted: Let participants find a place in the room, and ask the following questions:

* Where is your “correct” place – at this moment?
* In the female area? In the male area?
* Close to the line? Far away from it?

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients  
Improving the Communication Between Labour Office Advisers and Their Clients   
Úrad Práce, Dunajská Streda 2006

# Handouts: