



HR BARTENDER - Training Icebreakers

Tell me an icebreaker exercise to use with 20 professional adults in a virtual training program

GPT – 4o	Gemini
<p>### Icebreaker Exercise: "Two Truths and a Lie"</p> <p>Objective: To help participants get to know each other and build a sense of camaraderie in a fun and engaging way.</p> <p>Duration: 15-20 minutes</p> <p>Instructions:</p> <ol style="list-style-type: none"> Introduction (2 minutes): <ul style="list-style-type: none"> Explain the exercise to the participants. Each person will share three statements about themselves: two that are true and one that is a lie. The group's task is to guess which statement is the lie. Preparation (3 minutes): <ul style="list-style-type: none"> Give participants a few minutes to think of their three statements. Encourage them to be creative and share interesting or surprising truths and lies. Sharing and Guessing (10-15 minutes): <ul style="list-style-type: none"> Select a participant to start. They should introduce themselves briefly and then share their three statements. The rest of the group will take turns guessing which statement they think is the lie. Encourage everyone to participate and share their reasoning. After everyone has guessed, the participant reveals which statement was the lie. Move on to the next participant and repeat the process. Wrap-Up (2 minutes): <ul style="list-style-type: none"> Thank everyone for participating and highlight any particularly interesting or funny shared truths and lies. Use this opportunity to segue into the next part of the training, reinforcing the importance of communication and getting to know one another. <p>Tips:</p> <ul style="list-style-type: none"> To ensure everyone gets a turn, manage the time closely, especially if the group is larger. If the group is very large, consider breaking them into smaller breakout rooms for this activity. Encourage participants to keep their statements professional or neutral to avoid any discomfort. <p>This exercise is a great way to break the ice and set a positive tone for the training session.</p>	<p>Here's a fun icebreaker called "Would You Rather?" that works well for virtual training programs with adults:</p> <p>Materials: A list of pre-prepared "Would You Rather?" questions related to work or hobbies (optional)</p> <ul style="list-style-type: none"> A virtual whiteboard or collaborative document (like Google Docs) <p>Instructions:</p> <ol style="list-style-type: none"> Introduce the activity: Briefly explain that the purpose of the icebreaker is to get to know each other in a lighthearted way. Pose the questions: You can either use pre-prepared questions or come up with them on the spot. Here are some examples related to work and hobbies: <ul style="list-style-type: none"> Would you rather have unlimited coffee or the ability to take a power nap anytime? Would you rather always be one day early or one day late for deadlines? Would you rather learn a new language or a new musical instrument? Would you rather have the ability to fly or be invisible? (Feel free to get creative!) Use the virtual whiteboard: After posing a question, ask participants to type their answer (and maybe a brief explanation) on the virtual whiteboard or collaborative document. Discussion (Optional): After a few questions, open the floor for a quick discussion. Briefly allow participants to elaborate on their choices or ask clarifying questions from others. <p>Benefits:</p> <ul style="list-style-type: none"> Engaging: "Would You Rather?" questions are fun and thought-provoking, encouraging participation. Low Pressure: There are no right or wrong answers, making it a comfortable activity for everyone. Reveals Preferences: The answers can provide insights into participants' personalities and interests. <p>Tips:</p> <ul style="list-style-type: none"> Keep the questions light and positive. Adjust the difficulty of the questions based on the group. Limit the discussion time per question to keep things moving. <p>This icebreaker is a great way to break the virtual ice and get your training program off to a fun and engaging start!</p>