

Communicating Effectively

Exercises

Group Activity #1

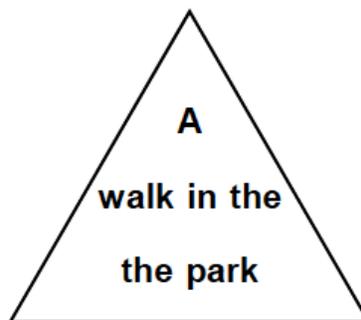
I'm Running for Office.

Instruction: Everyone will play the role of a political candidate. Choose any office you like and take five minutes to individually develop your campaign message (***less than ten words***). After everyone has developed her or his campaign message, take turns pretending you are delivering your message to the general public (*if the group is large, no more than five volunteers should elect to deliver their messages*). Everyone else becomes the general public when the candidate delivers her or his message. After each candidate has spoken, take three to five minutes to discuss how the message was received. Did the message upset, excite, motivate? Which message moved the group more? Why?

Group Activity # 2

What Does it Say?

Pair with a partner and ask the partner to read the statement inside the triangle out loud. Note down what the person has said, but do not share this with the person who has just spoken. Wait until everyone is finished and share with the group what your partner said out loud.



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Group Activity #3

Non Verbal Communication: What Do We Know?

In this exercise, everyone will take five minutes to answer the following questions on their own (*use the notes pages in the back of your course materials to record your answers*). After answering the questions, share with the group and discuss.

1. What does *non verbal communications* mean?
2. Give three examples of positive and three examples of negative non verbal communications.
3. On as scale of 0-100%, how much of what we communicate is captured in verbal communication?
4. When a person crosses her or his arms, what does this mean to you?
5. Are non verbal communication skills important for being an effective communicator?

Discuss your responses with the group.