

## Personal Histories exercise

This team exercise is intended to:

- Create connectedness
- Build trust and openness
- Create a specific mood in a team (this will depend on what statements are used).

### Process:

- Usually run standing in a circle taking each question in turn (this creates speed and intimacy).
- Invite them to take notes if they wish (and others are happy) Model an example to give them an idea
- Be clear about the purpose of the session and how it will help the session tomorrow.

One person begins with a statement e.g. “I am.....” and then complete it referring to your position e.g. “I am a younger daughter, eldest son, middle child” etc.

The group then continues to your left, repeating the phrase as it is true for them. When the entire group has spoken, you begin with a second statement and the group continues as it is true for them. Continue with as many statements as you choose. The following statements are examples:

Phrase	Example of endings
I am...	.. the youngest daughter of 3 children
I grew up in	... Bristol
I have...	... a brother and a sister
One thing I really love to do is	... dance
One thing I’m really good at is	... growing vegetables
One thing I’m really bad at is	... admitting when I’m wrong
The most important/ difficult challenge of being a child (not your inner child!)*	...feeling like an outsider at school
I’m proud of	... my children Ben & Sophie because...
I’m happiest when	... I’m skiing with my family
One thing I want to do more of is	... play saxophone
One thing I’m looking forward to is	...getting to know you all better

\* **Take care that team members feel safe.** I usually say – choose something you are happy to share. Significant trauma is unlikely to be appropriate or helpful. Say: if you have events at 10 on a scale of 1 to 10, you may want to choose something that’s a 6/7.

**By the end of the session the group will be feeling more connected, more knowledgeable about each other and ready for their time ahead.**

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