



8 INITIAL THOUGHTS - LEADERSHIP STYLES

The purpose of doing one of these exercises is to get people to start thinking about the subject matter for this session. If you have been running your training on different evenings then the exercise also acts as a 'warm-up'.

Three exercises are outlined - two 'rounds' and one which requires more movement and activity and has the added bonus of encouraging people to work in groups.

ROUNDS

a) Groups You've Enjoyed Being Part Of - ask each person in turn to say who/what the group was and sum up why they enjoyed being part of it in a short phrase or sentence

or

b) Leaders You Respect - ask each person in turn to say who the leader is and why they respect them

VARIATIONS

Instead of going around the circle:

a) Give people 5 minutes to talk to three different people. Then ask for a few examples of the groups or leaders mentioned.

b) Ask people to spend 5 minutes in a pair talking about the groups or leaders. People can then introduce their partners' choices.

Obviously, these variations will take longer than a straight round.

STRUCTURES

Divide the group into sub-groups of 5-8 people. Their task is to form themselves into a structure by linking themselves together. They cannot

“...everyone in the group needs to be linked into the structure in some way”

use any furniture and everyone in the group needs to be linked into the structure in some way.

To save time you could offer a choice of structures:

e.g. A helicopter

A tractor

A ship/boat

A combine harvester etc.

Give the groups 15 minutes to prepare their structure and then have each group in turn demonstrate their creation.

VARIATIONS

a) Here this exercise is being used as a warm-up or focusing exercise but you could develop it a little by asking people how they enjoyed working together, did everyone feel involved, etc.

b) An additional task for the group could be to allow everyone the chance to be the builder (or leader), the follow-up discussion can then look at how each person approached the task. This exercise could then be used as part of Section 10 - Leadership Styles.