Title: Mission Impossible: Not to Communicate

Exercise Code:

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness | Small group  Large group | 30 min |

# Purpose:

* To become aware of our inability to not communicate

# Description:

The basic assumption is that it is impossible not to communicate, and therefore we constantly pass the information to people around us , even if what they perceive does not match what we really want to convey.

The exercise is done in the following way:

* We choose a person among the participants, and we go out of the room so that the group cannot see what is going on;
* We ask the person to get back in the classroom (or in contact with the rest of the group) doing his/her best to NOT COMMUNICATE ANYTHING;
* The trainer, before letting the person get in the room, tells the group: "the person who is going to get back has received a task, please observe carefully and write on a sheet your impressions about the task given";
* After 10 minutes, the group will share their impressions and compare with the task the trainer gave.

# Material:

Pen and paper for every participant

# Methods:

Experiental learning

# Advice for Trainer:

It is important that throughout the whole exercise duration, the trainer does not influence or guide the process of recognition of the message from the participants. It may therefore be appropriate to include a preliminary phase where all participants are informed of this and that may ask questions to answer any kind of doubt before the exercise.

# Source/Literature:

Modified and adapted by LiberEta from: Pragmatica della comunicazione umana. Watzlawick, P., Beavin, J.H., Jackson, D.D. 1967