At my best®

Whose answer?

Type: Group/team activity

Duration: 15 mins for small groups, longer for large groups

Why do it?

Use this activity as an ice-breaker and/or to help a group get to know each other better.

What you'll need:

A pack of Good Question Cards

Piece of paper and pen for each person

Tell us...

Do you have any suggestions about this exercise? We'd love to hear your ideas for making it even better or adapting it to suit particular circumstances or audiences.

This exercise is a very simple way to start a conversation around what's working, and also helps a group get to know each other better. It will work best with a group of people who are familiar with each other.

- Use questions 13, 19, 25
- Depending on the size of the group and the time available, either give divide the group up and ask a third of the group to reflect on each question or ask everyone to reflect on all questions.
- Ask people to write down their answers to the question(s) anonymously. Make it clear that their responses will be shared with the group, but they should not discuss their answers now.
- Collect in people's responses.
- Read out the first question, then read out one person's response to that question. Have the group guess who gave that answer.
- Move through the questions/answers until you have discussed them all.

Tips: You can use different questions to suit your/the group's situation. When deciding on questions, pay attention to how comfortable the group are with each other and how open they are likely to be, as well as considering your end goal.

If you want to make the exercise a little more active, you could post up people's responses to the questions around the room and ask people to vote on who gave which answer.

If you are the manager/coach of the group you may be able to continue conversations in 1-1 meetings (if you plan to do this, make sure you contract appropriately at the start of the session).

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