

## Speed Meeting Icebreaker

Meet People Quickly in a Training Session

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Have you ever heard of speed dating? It's an opportunity for people to quickly meet a large number of people to potentially date. This speed meeting icebreaker provides a similar experience for participants at a training meeting or team building session.

Looking for an icebreaker that will quickly allow your training session participants to meet fellow participants? Need an icebreaker that will warm up the group with action and movement? You've found the right icebreaker. This speed meeting icebreaker will accomplish both of these objectives.

Plus, the speed meeting icebreaker enables your participants to succeed. Even your shyest or most uncomfortable participant can manage to talk with another person for two minutes.

### Use the Speed Meeting Icebreaker With Strangers

When your participants don't know each other, ask them to number off by one and two; half your participants become ones and half become twos.

Ask them to introduce themselves to the person sitting directly across the table. You might suggest topics that are appropriate for the two minutes they are allowed with each person. These topics work well for speed meeting. Participants can tell their partner:

their name,

what they do for a living, and

why they attended the training session.

Keep your suggested topics simple as two minutes is not a lot of time for both people to respond. Write your suggested topics on a note card, a blackboard or white board or project them. You don't want participants spending their two minutes remembering what you suggested they discuss.

In a hotel conference room, you may have had the opportunity to set up pairs of chairs away from the training tables.

### Icebreaker Changes for Participants Who Know Each Other

This speed meeting icebreaker can work well for groups of co-workers, friends, or club members. The main variation is in the content of the questions you suggest they answer. For people who know each other, these kinds of questions work.

Share one thing about yourself that you think your co-worker doesn't know.

Tell your partner your favourite television show and why.

Share your five favourite foods.

**Note that these are examples and you can work creatively to come up with your own variations of these questions.** The one question I shy away from asking is what they hope to attain from attending the session. These responses are best heard by all participants including the facilitator.

This is a quick and easy icebreaker that requires no preparation yet gets people involved with each other and moving around the room. The speed meeting icebreaker usually generates a lot of laughter.

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