

## Choose People Speed Dating Exercise

1. Print off the following page depending on the number of participants you have – cut pages in half.
2. Note: there's a second set of questions in the event you plan on going more than 3 rounds (so participants have new fodder to work with). Run the first set of questions for the first 3 rounds, and the second set of questions for the next 3 rounds.
3. Have everyone stand up and pair up (ideally with someone they don't know) – it's okay to have a "threesome" if there's an odd number of people
4. Give instructions:
  - a. Each "couple" will have 3 minutes
  - b. You can start with any question you want
  - c. You can cover all 5 questions or just one
  - d. When I yell STOP, high five your partner
  - e. And then switch and find someone else
  - f. We'll do 3 rounds
  - g. GO! (then use your timer...)
5. If doing more than 3 rounds, create another set of questions for additional rounds...
6. The room will likely be loud, full of smiles and laughter

1. What would your friends or family say you're known for?
2. What's the most common misperception people have of you?
3. Find three things you two have in common
4. In 60 seconds tell your life story in as much detail as possible
5. Share an embarrassing or inspiring moment in your life



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