

Do It Yourself!

Tools for Planning Your Own Retreats and Leadership Lessons

Brainstorm!

What challenges do you have when working with students?

Do your group's cliques interfere with them being able to accomplish a task successfully?

Have you ever had a group that had brilliant ideas but poor execution or follow through?

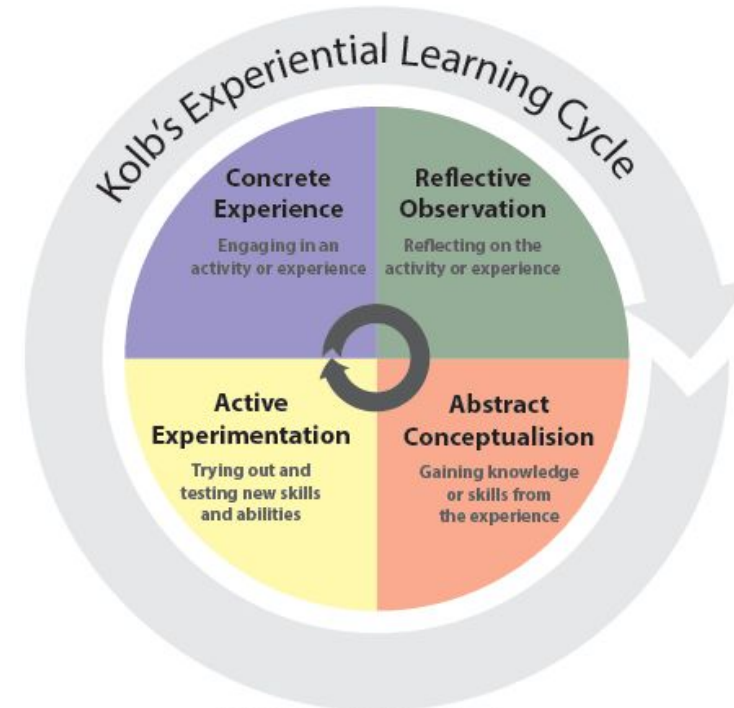
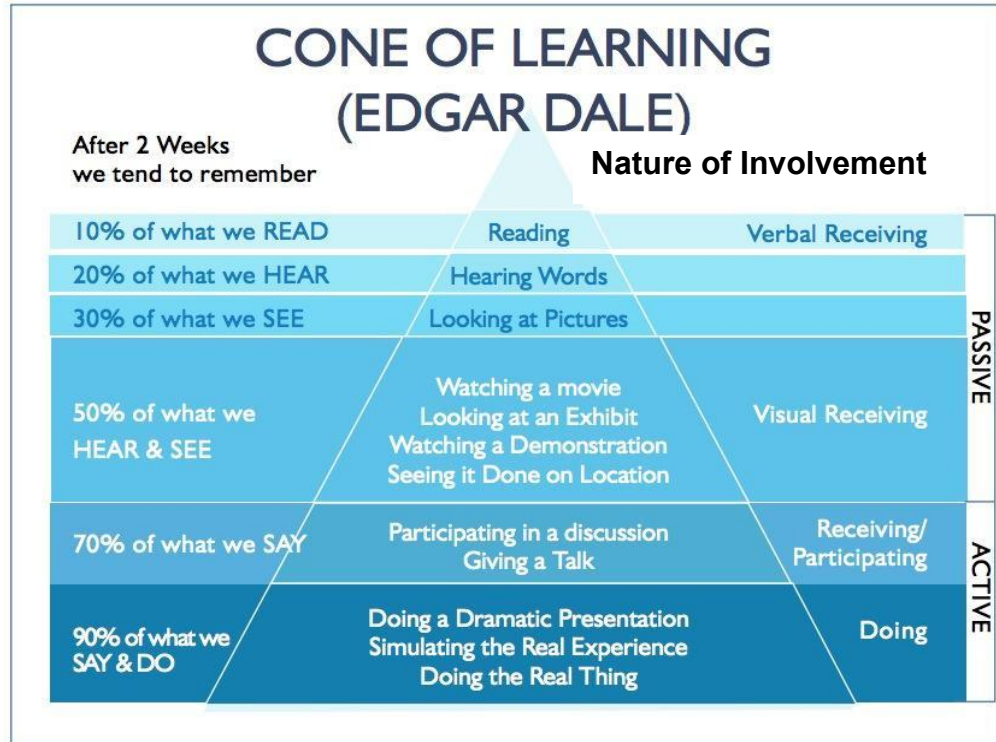
Are there times when conflict between your students interferes with their ability to be successful?

How can you address these challenges with your group?

Through ACTIVE LEARNING!

“In a typical lecture class, students are attentive just 40 percent of the time” (Columbia University)

“Students in classrooms with active learning performed 6% better on exams” (Harvard University)



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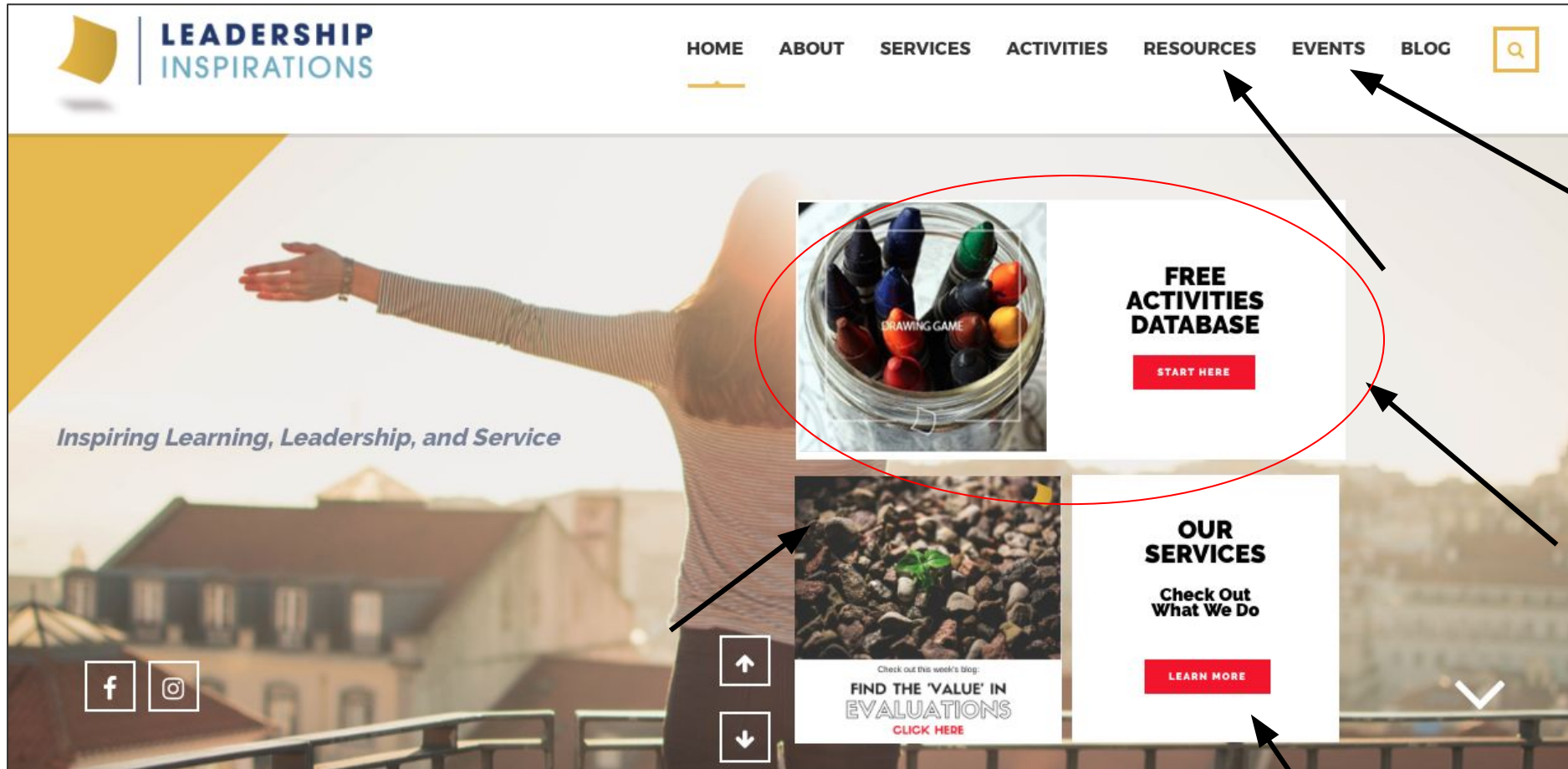
“When students are actively involved in the learning task, they learn more than when they are passive recipients of instruction (Cross, 1987)” (Cornell University)



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Solutions

Resources that focus on Active Learning:



Get started on our website:
www.leadershipinspirations.com



Building A Leadership Lesson

Step 1: Go to the Activities Page

Our free database of activities is a great way to get to know your team better, overcome challenges, build trust, improve communication, or even resolve conflict.

Which best describes your group?

Choose One

My group is new or is going through a personnel change	My group is focused more on individual needs than on group cohesion, this may result in conflict or competition	My group has recently established an interdependent group identity and has developed a sense of trust, clarity, and purpose
My group consistently has a high level of productivity, autonomy, and achievement	My group is disbanding	My group can be any of these



Tell us more! What does your group need?

Pick your top 2

 Icebreakers Energizers Mixers	 To work together to reach common goals	 To improve communication between members to maximize effectiveness and efficiency
 To identify and resolve conflicts that are affecting our performance and relationships	 To think outside the box to solve complex challenges	 To feel comfortable and familiar with each other
 To find ways to include and involve others in our projects and planning	 To build trust and respect among members	My group needs any or all of these

Search activities here:

www.leadershipinspirations.com/activities



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Building A Leadership Lesson

Step 2: Search Activities

Search activities by:

- 1) describing your group and
- 2) choose a topic to address your group's needs and focus your search further

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Storming



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Involving Others

Search activities here:

www.leadershipinspirations.com/activities



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Building A Leadership Lesson

Step 3: Choosing an Activity

*Your search will provide various activities to choose from.
Choose one for your group that accomplishes your learning objectives.*

INVOLVING OTHERS

Search the Courses Involving Others

Dot Dot Dot

Dyads

Gotcha

Key Punch

Magic Carpet

Mind Spin

ADVANCED SEARCH

- Activities
- Forming
- ☒ Storming
- Norming
- Performing
- Adjourning
- XS (1-8)
- S (9-16)
- M (17-29)
- L (30-45)
- XL (45+)
- Bonding
- Energizer
- Experiential Activity
- Game
- Icebreaker
- Mixer

*Refine your search by
Topic, Group Stage, Group
Size, or Activity Type.*

Explore An Activity



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Exploring An Activity

Activities are complete with materials list, detailed instructions, and discussion questions to connect learning.



Key Punch



SET UP

- Explain the situation to the group, then tell them what their objective is.
- **Situation:** A militant group of computer hackers have introduced a terrible computer virus into many of the major computer systems around the world. If the virus is not stopped soon, all kinds of computer records will be lost or damaged causing major havoc. Your team has been called in to stop this virus before it's too late.
- **Objective:** Solve the requirements of the computer debugging procedure. Specifically, all 30 of the numbered "keys" must be physically touched in sequence as quickly as possible. Your team will have up to five attempts to get the best time possible.
- **Time Allotment:** Your team has 25 minutes or five attempts, whichever comes first. If the team uses five attempts in 18 minutes, you are done; if the team uses three attempts in 25 minutes, you are done. Your time period begins the moment the facilitator claps.

INSTRUCTIONS

- The entire team must begin and finish behind the start line. The stopwatch starts as soon as the first person steps over the line. The watch stops when the last person crosses back over the line.
- Anytime the team or a member of the team crosses the start line, it is considered an attempt. Only one person can be on the keyboard at a time (only one person can be inside the boundary rope). If two or more people are inside the rope simultaneously, a glitch occurs and a penalty time of 10 seconds is added to the score.
- If any number is touched out of sequence (for example, 3 then 5), this infraction causes the computer to crash and a penalty time of 10 seconds is added to the score.
- The team cannot return to the keyboard between attempts in order to study the number set up (or for any other reason).
- All planning must occur behind the line where the team starts each round. "Scouting trips" are not permitted.
- The numbered "keys" may not be moved. Rope boundaries may not be moved.
- Non compliance to these guidelines may result in a penalty.

Debriefing Questions

- | | |
|---|-------------|
| 1 | What? ▾ |
| 2 | So What? ▾ |
| 3 | Now What? ▾ |



Duration: 25 minutes



Team Stage: Storming, Norming, Performing



Type of Activity: Experiential



Materials: Pieces of paper/plates/discs with numbers 1-30 printed on them

Time and group size are important considerations when choosing an activity.



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TIPS for Choosing An Activity

- Many activities can be facilitated in 45 minutes or less
- Larger (M-XL) groups will generally take longer to accomplish the same tasks as a small group (XS-S)
- With smaller groups, instead of using less time, go more in-depth with your debrief and discussion
- With larger groups, here are some tips to manage time:
 - Plan for $\frac{1}{3}$ extra time for the activity
 - Break up into smaller groups
 - Give a time limit and know that an incomplete task also provides great learning!



XS
1 - 8
People

S
9 - 16
People

M
17 - 29
People

L
30 - 45
People

XL
45+
People



Building A Leadership Lesson

Step 4: Using an Activity

*Activities are great,
but only if you can connect them to
something real for your group!
We accomplish this with Debriefing!*



Key Punch



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- 2 So What? ▾
- 3 Now What? ▾

Debriefing Questions

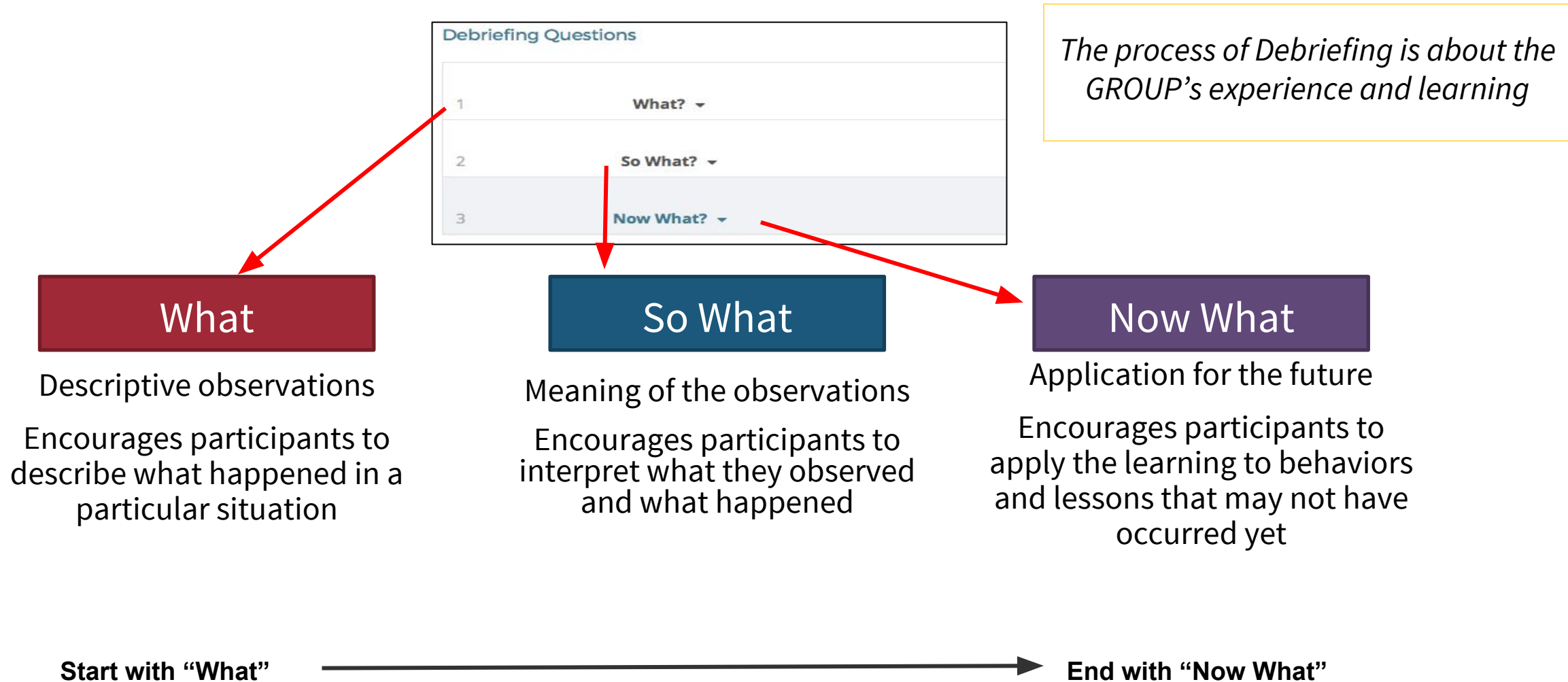
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- 2 So What? ▾
- 3 Now What? ▾



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Find Debriefing Questions Here!

What is Debriefing & Why is it Important?



Your Turn :)

www.leadershipinspirations.com

Explore our site to help you plan a 45 minute leadership lesson
based on one of the challenges you brainstormed earlier!

Let us know if you have questions!




New to Facilitation?

*Expand your knowledge with our online resources
developed by staff with over 100+ years
combined training and experience*


Welcome to our online learning platform!

Explore for your own individual knowledge
OR
for information to put into practice with your team, organization, and even your family and friends!



I Want To Learn

Content to build your skills as a facilitator,
gain knowledge of your self and others,
or for your own entertainment!




I Want To Create

Access our curricula and activities to create your own
retreat or workshop for your team!


YOU LEARN

**Whether it's your very first time facilitating or you are a seasoned pro,
these awesome articles and tips are written with you in mind.**




Adjusting to Group Size

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Benefits of a Regroup or Timeout

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Facilitation: Top 10 Tips

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*Facilitation:
Top 10 Tips*

Facilitation: Top 10 Tips

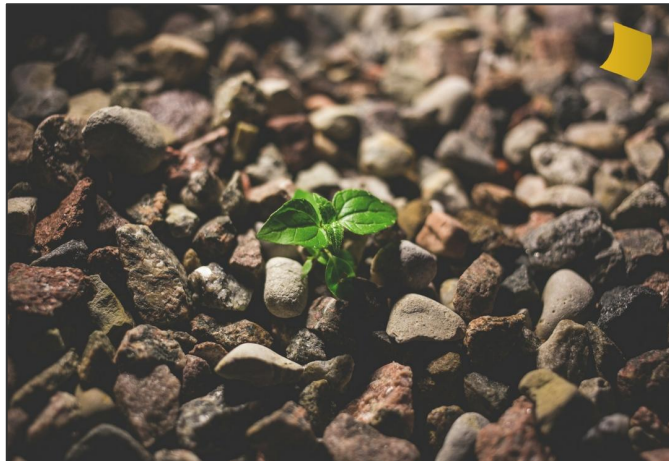
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From the Balcony










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EVALUATIONS**

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book a program with our trained staff!*

Events Near You

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Facilitation Training - Northern California	Facilitation Training- Southern California	Northern California Leadership Academy (High School)	Northern California Leadership Academy (Middle School)
📅 June 20, 2017 9:00 am 📍 TBD (Santa Clara County)	📅 June 28, 2017 9:00 am 📍 TBD (Orange County)	📅 July 19, 2017 11:00 am 📍 Santa Clara University	📅 June 25, 2017 11:00 am 📍 Santa Clara University
			
Southern California Leadership Academy (High School)	Anaheim Union High School District Leadership Academy	Northern California Leadership Academy (Private Catholic High Schools)	
📅 July 26, 2017 11:00 am 📍 Chapman University	📅 July 31, 2017 8:00 am 📍 Chapman University	📅 August 4, 2017 11:00 am 📍 Santa Clara University	



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Thank You!

Want to know more? Attend a training? Book a program?

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