

Coach vs Youth Worker – Exercises:

1. Icebreaks

Aims:

- Encourage interaction
- Get the group warmed up
- Develop communication skills
- Encourage people to work co-operatively

Exercises:

Name: Greetings

Time: 5-10 min

Description:

All players start walking around the room. You then ask them to greet each other, perhaps just by shaking hands. Players just shake hands, move on, and greet the next player they meet. Then ask the players to greet each other in a more specific way. Possibilities are:

- greet each other like you greet a long lost friend
- greet someone you don't really trust
- greet an ex-lover
- greet someone you really hate
- someone you have a secret crush on
- someone you had a one-night stand with
- someone that sold you a crappy used car
- someone with bad breath
- greet someone like you are a cowboy, a soldier, a nanny, a Russian farmer,...

Variation: Players can start from walking around, finding their own space and looking at each other, wondering who the other players could be.

Name: Party

Time: 20 min

Materials: sheets of paper, one for each participant

Description:

Every player have a small sheet of paper.

Instructions:

1. Fold a paper in harmonica. Divide it into 5 parts
2. On first part write your name, on second – the things you like doing, on third thing you don't like doing on next food which you like the most, on the last part food which you don't like.
3. Stick a harmonica to your shirt as a badge.
4. Talk in pairs about the last thing, that you wrote. Separate the part of harmonica and exchange it with your partner. Then change a partner and talk about the next thing. And then change a pair again. When you reach the part with your name tell your partner sth about its meaning.
5. All sitting in the circle, share the information about the others in the group.

Name: Stories

Time: 20 min

Materials: Sheets of paper in 5 different colors

Description:

Every player have a sheet of paper.

Instructions

1. Draw a significant moment of your life.
2. Find persons with the same paper color, then share the information about your picture and together make a story based on these pictures. Use all the drawings.
3. Present your story in front of the members of the other groups

Aim: Creative thinking practice, co-operation, practice of public performances

2. Listening

Hearing doesn't mean listening. Almost all of us born with ability to hear voices but we need to learn how to become a good listener. Good way of doing that is consciously suspending your own agenda, ideas and judgments and putting yourself in the other's shoes. You pay complete attention to the other person, focusing on understanding their feelings. You then reflect or mirror back to them what you hear, leaving your own feelings and opinions out of the listening process.

Exercises:

Name: Artist, model, clay

Time: 10 min

Description: 3 players. One is a lump of clay - behind her is a second player who is a model. Model takes a pose, which the `clay` is not supposed to see. The third player becomes the artist, who will model the clay after the model. The artist is not supposed to touch the clay, can't speak and it not allowed to show the clay what to do or to become.

When done, let the model inspect the artwork and see if details fit.

Aim: Practice of: listening skills, following the others' instructions, giving directions to the others

Name: Taxi driver

Time: 15 min

Description: Play in pairs. One player is a taxi driver, the other is a passenger. Passenger tells a short story from his life, the driver listens carefully. Then there is a change of partners and roles, taxi driver becomes a passenger and he repeats the story that he heard to a new partner. (who in the first round was a passenger). Then there's another change of partner and roles. In the end in a circle, players tell the last story that they heard, and the authors of the stories check if it is the same. Then we talk what was hard in this task.

Aim: overcoming communication barriers, practice of listening skills

3. Acceptance**Say "Yes'and!"**

In improvisational theatre when we built a story, whether it is short form or long form, the players have to agree to the basic situation and set-up. The who, what, and where have to be developed for a scene to work.

By saying yes, we accept the reality created by our partners and begin the collaborative process. When we want to help people in gaining their aims we need to accept their ideas, follow their dreams and do not block their creativity because of our fears.

Exercises:

Name: Story one by one

Time: 10 min

Description: It is a fun exercise and allows team members to experience each other in a light, creative way. Players stand/sit in a circle and build a story one sentence at a time. Each sentence must begin with "Yes, And..." Each sentence must refer to one statement from the previous sentence. For example, if I say "Once upon a time there was a blue rhinoceros", then the next person might say "Yes, and the blue rhinoceros liked to drink tea (or wore reading glasses, or whatever)". And the person after that could say something like "Yes, and that tea contained persimmons" and so on. Since you don't know what the person ahead of you will say, you can't plan ahead. If someone forgets to start their sentence with "Yes, and..." then the group functions as a friendly human buzzer, saying "Bzzzzz" The person then just tries again this time beginning his/her sentence with "Yes, and..." At any time, a participant has the choice to say "pass" if they get too stuck.

Variation: Each player can repeat the previous sentence in energetic way to show that he is really enthusiastic about the other person's ideas and then add sth new to the story.

Aim: Creative thinking, warm-up, co-operation, accepting the other persons ideas

Name: **Press Conference**

Description: One player leaves the room, while the audience provides the name of a famous or historical person. The `absent` player will give a press conference, but he does not know who he is. The other players are journalists, whose questions should provide indications to who the mystery guest might be.

Game ends when our player guesses who he is.

Variations

Instead of a famous or historical person, choose an expert. The game is over when the `expert` figures out what he or she is expert in.

Aims: Practise of:

- accepting the others people's suggestion,
- posing leading questions,
- listening skills,
- co-operation

4. Communication barriers – coaching barriers

Communication plays the most crucial part in our relationships. Problems with communication can lead to difficulties in coaching process. There are several barriers, which we need to overcome:

1. Ordering, directing or commanding,
2. Providing solutions, giving advice, making suggestion
3. Warning or threatening
4. Persuading, arguing, lecturing, moralizing
5. Judging, criticizing, measuring our client with our own standards
6. Shaming, ridiculing, labeling,
7. Consoling, reassuring, sympathizing
8. Distracting, humoring, changing the subject of conversation
9. Interpreting, analyzing
10. Questioning all the time, paraphrasing all the time
11. Making incorrect assumptions about our client at the beginning.
12. Do not paying attention to what our client is saying
13. Non-verbal barriers – strange gestures, sounds (nodding all the time, laughing etc.)

(from Gordon Thomas theory)

Exercises:**Name:** Coaching meeting**Time:** 20 min**Description:** Work in groups of three. One of players is a coach, the second a coachee, the third an observer. Coach gets a card with one of communication barriers. He have to follow the given instructions. Coachee talks about his problem. Then the observer share what he have noticed, the coachee talks how he felt during the conversation, and the coach reveals his task. Finally all the participant try to name the communication barriers which appeared in this exercise**Aim:** rising awareness of communication barriers**Name:** List of values**Time:** 15 minut**Materials:** Printed list of values for each participant**Descriptions:** Participants must choose all values which:

- they really believe in
- really matter to them
- help govern how they live their life
- they want to pass on to their children

Then choose 10 the most important ones

Then select only five of them.

Next there is a time to think about this values. Ask participant if they really honor this values in their life? Whether their place of work/study allows them to hold to this values. Ask them how their values may effect coaching process. Discuss about it.

Aim: Rising awareness about our values, self-reflection, our values as one of the coaching barriers.

5. Creativity

Exercises:**Name:** What would happen if...**Time:** 15 min**Description:** Players sit in a circle. They give answers to the hypothetical questions like: what would happen if the milk was black? One person at a time takes a question from a box and then respond immediately to it.**Aim:** Creative thinking,**Name:** Thinking through analogy**Time:** 15 min**Description:** Instructions for participants: Take a paper. Think about one problem, one obstacle on your way to acheiving your goal. Then think about the historical person or character from literature. Choose only one. Then write down the solutions that this character would find to your problem. Next choose the most realistic one. Think how you can implement it in your life. Share your resaluts with the other in the group.**Aim:** Creative way of solving problems

6. Self-presentation

Exercises:

Name: Elevator pitch

Elevator pitch - is designed to get a person who knows nothing about you or your company interested in what you do in a 30-second speech. It got its name from the idea that you need to imagine how you would present your business to someone you met for a brief moment, in an elevator, and they asked what you do for a living.

Time: 10 min

Description: Work in pairs. First write down your speech, following the rules:

1. Say who you are (Name)
2. Say what you do in your life (Work, occupation)
3. What values stands behind the things you do (Values)
4. What distinct you from the others (Special thing)
5. How the other person can get a contact with you (Invitation to cooperation)

Then tell it to your partner. Then listen to his speech.

Bibliography

1. Improv Encyclopedia [online] [access: 12.10.2015]. Available in: <http://improvcyclopedia.org/index.html>
2. Koppet K. *Training to imagine. Practical improvisational theatre techniques to enhance creativity, teamwork, leadership and learning*. Kraków 2003. ISBN 83-88597-884
3. Boal A. *Games for actors and non actors*. [online]. London 2002. [access 12.10.2015]. Available in: https://geraldkeaney.files.wordpress.com/2014/06/augusto_boal_games_for_actors_and_non-actorsbookfi-org.pdf