



*Greater Self-Awareness.
Better Self-Management.*

Group Juggle/Warp Speed Activity:

An energizing exercise that can be used as a lens by which to explore type preferences (Personality Types) or elements of Emotional Intelligence (EQ). Find out how to use this versatile experiential activity in helping a group experience Type and EQ. [Learn More.](#)

EQ Atmosphere Activity:

Establish the values and expectations of a given culture to enable a participant (individual) to create a specific professional and personal Emotional Intelligence action or development plan. [Learn More.](#)

Group Knot Activity:

An engaging Problem Solving exercise. [Learn More.](#)

Applying Type Preferences Activity:

To highlight and experience the ways in which Type preferences support and hinder success in any chosen topic or endeavor. [Learn More.](#)

Birthday Lineup Activity:

A fun group energizer. [Learn More.](#)

Receiving Feedback T/F Exercise:

An exercise to help participants begin to understand the role of the T and F preferences in the decision-making process. [Learn More.](#)

Organizational Vision Quest:

An exercise to help participants focus on group communication. [Learn More.](#)

Double Keypunch Exercise:

A group problem solving activity. [Learn More.](#)



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Coat of Arms Exercise:

A group introduction activity. [Learn More.](#)

Culture Shock Exercise:

An activity to test cultural norms that get in the way of communication . [Learn More.](#)

Blind Object Assembly Exercise:

An activity to illustrate group problem-solving skills and challenges. [Learn More.](#)

Network Bingo Exercise:

An activity to kick-start group forming stage for an intact group or as part of an on-boarding program. [Learn More.](#)

Tower of Hanoi Exercise:

An activity to provide group with a challenging problem to solve that supports communication, trust building, team involvement, analytical thinking, and planning. [Learn More.](#)

Lifestyles of J's and P's Exercise:

An exercise to highlight the differences between J and P behavior. [Learn More.](#)

The Puzzle Initiative:

To illustrate group problem-solving skills and offer opportunities for testing negotiation and communication skills. [Learn More.](#)

Getting Connected:

An engaging Ice Breaker. [Learn More.](#)