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The Life Highlights



Introduction

Brief Overview

The Life Highlights Game is a deeply engaging activity that invites participants to share and discover the most joyful and significant moments of their lives. It's a powerful exercise in empathy, active listening, and team bonding.

Purpose

This challenge aims to strengthen team connections by sharing personal stories, fostering a culture of empathy and understanding, and enhancing listening skills in a respectful and supportive environment.



Ideal Participants

Suitable for teams of any size and background, this game is perfect for those looking to build deeper personal connections and foster a supportive team atmosphere.



Materials Needed

List of Materials

- None! Just an open space where participants can sit comfortably in a circle.

Visual Aids

- **Optional:** A soft background music playlist to set a calm and reflective mood.

Training Flow & Timeline

Total Duration: 30-60 minutes (Adjust based on the team size)

Time Breakdown for The Life Highlights

- A few minutes for explaining the game and its objectives.
- The remainder of the time is divided equally among participants for sharing.

Rules for the The Life Highlights

- **Respect and Attention:** Participants must listen respectfully without interrupting when someone is sharing.
- **Share Only If Comfortable:** Encourage sharing but also respect participants' choice to pass if they prefer not to.



- **Confidentiality:** What's shared in the group stays in the group, fostering a safe space for openness.

Step-by-step Guide to The Life Highlights

Step 1: Introduction

Activity: Explain the purpose of the game and the importance of active listening and empathy.

Time: 5 minutes

Step 2: Sharing Begins

Activity: One by one, participants share a brief story about one of their life's highlights – a moment filled with joy, pride, or deep significance.

Time: Depends on group size; recommend 2-5 minutes per person.

Step 3: Reflection

Activity: After everyone has shared, open the floor for reflections on the experience, focusing on how it felt to share and listen, and what was learned about their teammates.

Time: 10 minutes

Key Learnings & Takeaways

The Life Highlights Game is an exercise in vulnerability and connection, showing us the value of our diverse experiences and



the power of listening. It reminds us that, despite our differences, we share common human emotions and experiences.

Next Steps

Encourage participants to continue building on the empathy and understanding developed during the game, fostering a supportive team environment in everyday interactions.

Feedback

Feedback is a gift. Share your experiences and how the game impacted your team's dynamics to help us improve and create more meaningful training experiences.



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