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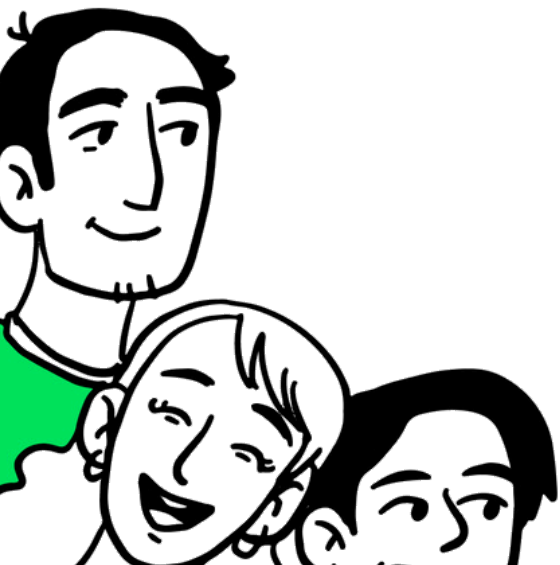
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FREE TRAININGS

Two Truth & A Lie



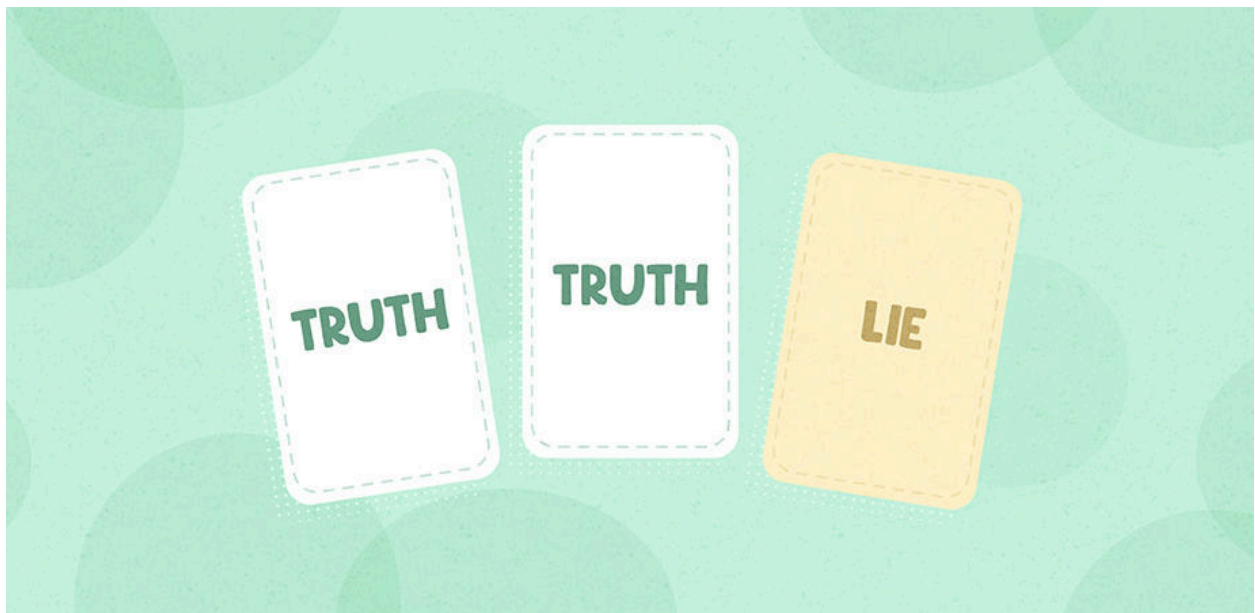
Introduction

Brief Overview

Two Truths and a Lie is a classic icebreaker that encourages team members to share interesting facts about themselves, wrapped in a playful challenge of discernment and storytelling. It's a fantastic way to learn more about each other in a light-hearted setting.

Purpose

This game aims to break down barriers, foster a culture of openness, and enhance team cohesion through shared stories and discoveries. It challenges participants to communicate creatively while engaging in active listening.



Ideal Participants

Perfect for new teams getting to know each other, as well as established groups looking to deepen connections. It's a versatile activity that suits any team dynamic.

Materials Needed

List of Materials

- None! This game requires only the participants and their stories.

Visual Aids

- Optional: A screen to display the rules and objectives for larger groups.

Training Flow & Timeline

Total Duration: 20-30 minutes (Adjust based on the team size)

Time Breakdown for Two Truth & A Lie

- A brief introduction to the game and its rules.
- The main game, with each participant sharing their two truths and a lie in turn.
- A short wrap-up discussion.

Rules for Two Truth & A Lie



- **Prepare Your Statements:** Each participant thinks of two truths and one lie about themselves. The lie should be plausible enough to blend in with the truths.
- **Sharing Turn:** Participants take turns sharing their three statements without revealing which is the lie.
- **Guessing Time:** After each share, the rest of the team guesses which statement is the lie.
- **Reveal:** The participant reveals the lie and, if desired, shares the stories behind the truths.

Step-by-step Guide to Two Truth & A Lie

Step 1: Introduction

Activity: Explain the game's rules and the importance of creativity and active listening.

Time: 5 minutes

Step 2: Game On

Activity: Participants take turns to present their two truths and a lie. The group votes or discusses to guess the lie.

Time: Depends on group size; recommend 1-2 minutes per person for sharing and guessing.

Step 3: Discussion and Reflection

Activity: Open the floor for participants to share the stories behind their truths, fostering deeper connections and understanding.

Time: 5-10 minutes



Key Learnings & Takeaways

Two Truths and a Lie not only serves as a fun icebreaker but also illustrates the value of storytelling in building relationships and enhancing communication skills. It encourages us to look beyond surface-level interactions and appreciate the unique backgrounds and experiences of our teammates.

Next Steps

Leverage the openness and curiosity sparked by this game to encourage ongoing communication and sharing within the team. Consider integrating similar activities in future meetings or team-building sessions.

Feedback

We'd love to hear how Two Truths and a Lie worked for your team! Share your experiences, surprises, and any creative twists you added to the game.



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