



ICEBREAKERS & NETWORKING ACTIVITIES

Ice Breaker Activities

1. Switch sides if...

Using tape, make a long line on the floor. Have everyone stand together on the same side to begin. Then, start asking questions to the room: "Switch sides if..."

For example, switch sides if...

- You're an optimist
- You floss every single day
- Tried to write a book (successfully or otherwise...)
- You think technology is dangerous
- Sing in the shower

This is a fun activity to get the energy flowing, lift spirits, and help your attendees get to know who's in the room.

2. Virtual connections

Some people find introducing themselves online to be easier than in-person. Connecting your participants via social media can help reduce the anxiety of not knowing anyone at the event. Create a private event group on LinkedIn or host a Twitter chat to help attendees get to know each other.

3. Personalized nametags

This is easy, low cost, guaranteed way to start conversations. Ask attendees to indicate a fun fact like their super power, nickname or another surprise tidbit about themselves on their nametag! Then prompt them with a challenge, like "find someone in the room who has the same superpower!"

4. Five minute games

These are the types of activities you can throw around for a few minutes while waiting for everyone to arrive. They're flexible and useful to have in your back pocket.

Some of our favourites are:

- **Two truths, and a lie:**
As the name suggests, a player tells two truths and one lie about themselves and the other people must guess which is the lie. Everyone takes a turn.
- **Reframing letdowns:**
Encourage attendees to share something they thought was a letdown that later turned out to be something great and why their mind changed.
- **Advice to your 13-year-old self:**
- Ask attendees to share what they would say to their 13-year-old self.

Networking activities

1. Speed networking

You've probably heard of speed dating, but have you heard of speed networking!? It's an accelerated way to maximize the number of new connections in a short amount of time. It also takes the awkwardness out of having to approach people. Each round has a set amount of time and attendees rotate accordingly. We recommend each round to last 5-7 minutes. Enough time to get to know each other but not long enough that the conversation runs stale if you don't have much in common.

2. Roundtables

We aren't talking random roundtables, this is about better networking after all! We're talking targeted roundtables; targeting people into specific tables is group networking with a strategy. Decide how you want to categorize your attendees—job title, geographical location, interests within the industry, you name it—and break people up accordingly. There are apps that can create the strategic seating assignments for you!

3. Audience polling

It can be hard to break the ice at a theatre-style layout because there isn't much space to move around. But you don't need to move around much if you're live polling. Make questions light and relevant to your event. Ask attendees to stand when they agree with questions so they can identify like-minded individuals to chat with later.

