



ICEBREAKERS & NETWORKING ACTIVITIES

Ice Breaker Activities

1. Screen toggle

After everyone has arrived and you've welcomed them invite them to turn their video off to play a game together.

Ask them to turn on their video momentarily if the answer is yes to any of the questions you've prepared in advance. Here are some examples:

- You floss every single day
- Tried to write a book (successfully or otherwise...)
- You think technology is dangerous
- Sing in the shower
- Learned something today

This is a fun activity to get the energy flowing, lift spirits, and help your attendees feel like they're participating.

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 before your event.

3. Rename yourself

Ask folks to rename themselves in zoom as they enter the room. You could ask for first name and organization, or get creative and ask folks to come up with their super hero name or their ideal job position.

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. Breakout rooms

We aren't talking breakout rooms, this is about better networking after all! We're talking about grouping folks into specific groups for strategic networking. Decide how you want to categorize your attendees—job title, geographical location, interests within the industry, you name it—and break people up accordingly. Invite them to respond to a question to get things started.

3. Audience polling

It can be hard to break the ice in zoom. But a great poll can get the audience participating quickly. 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.

