

Training Programme

Putting ideas into practice

Day **5**

7 I'm glad you were here because

Final Exercises and Reflections

45 min

Useful for:

saying good bye positively

Resources needed

None

Room layout:

Empty space

What happens?

Everyone stands in a circle.

Then the facilitator turns to the person on their right and says: 'I am glad that you were here because...' and then they have to make a positive personal comment about the contribution of that person to the training. The person to whom the comment was addressed then has to say clearly and loudly: 'That's so true'. They then turn to the person their right and do the same. The activity is continued until everyone has had a positive comment and acknowledged it.

The facilitator then thanks everyone for their contribution and says: So give yourselves a big round of applause.

Note to facilitators

People tend to find it hard to acknowledge the positive feedback. Make sure the sentence 'That's so true' is spoken out by everybody.

»It was so good and important to complete the week with this appreciating gesture. Everyone was absolutely important for the group.«

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