Positive gossip

Experiential education





indoors | outdoors



N° of pax 6-50



group dynamics



30 mins

PURPOSE

FINDING PERSONAL RESOURCES

- positive feedback
- strengthening
- empowerment

MATERIALS

- A timepiece (smartphone | watch)
- An object for smooth sound effect (eg. a singing bowl)

PREPARATION

For emotional safety there should already be a group cohesion, a harmony amongst the participants, so it is easy for them to give each other compliments. It's good to start slower, so on the first round you can give more time to warm up and shoot the positive remarks. If you perceive there might be some participants who might get significantly less positive feedback, it is possible to have a facilitator sit in the circles and be ready to balance with some gossip themselves, as needed.

INTRO

This activity is meant to be used after remarkable group experiences or at the end of training courses. It can be also used with groups who have already known each other for a time so they have enough information about each other to be able to gossip on resources.

POSITIVE GOSSIP

STEPS

1. The facilitator breaks the group into equal-sized groups of 6-10 people, and you can use the same room or a clean space outside in nature.

2. The facilitator explains that: You should use sentences as if the listening group member was not present in the circle; refer to them as "she" or "he" or by their name. / There is no given order in who is gossiping, you can even gossip at the same time. / each person who is receiving positive gossip gets 2 minutes. So the encouragement for the gossipers is to speak and talk and gossip as much as they can fit into this short time. / Gossiping can be anything about this one person, the only condition is, that it can only be a positive things such as: • what you like about this person (characteristics, behaviour, attitude, physical appearance) • what situation you saw with this person that made a positive impact on you • why you are fascinated by them • what you are proud of in this person, you can even use your imagination - you have a strong belief this person can be good at....



3. (2 min) The facilitator asks one group member in each group to turn his/her back on their group mates, so only "their ears" participate in the circle, but the other members cannot see their face. When all groups are ready the facilitator makes a sound that signals the beginning and the participants start to heavily gossiping about the one person.

4. (2 min each) The facilitators signal that the time is up, and a new person has a turn and a new gossip round starts. The signal is repeated to start and to stop every 2 minutes until everybody receives his/her gossip round.

5. The facilitator gathers the group in a circle to share and reflect on the experience of the activity.

REFLECTION

- How did you feel both to receive and give positive feedback?
- Do you think about how you could integrate this tool into your everyday life and work? What are your suggestions?
- What do you think this activity can contribute for your resilience building?

COMMENTS

People usually love this exercise and you are going to see many happy faces after it.