

Quick ideas for using the cards in a group setting

Energiser ideas

1

Get to Know Your Brain: a neuroscience treasure hunt. Individuals pick a category that interests them and scan the QR code to read the content. They then share something of interest/relevance with their partner/table or wider group.

2

Participants sort through the cards on the table, quickly reading each side. They select a card that resonates with them about growing their mindset to encourage collaboration, learning, and an adaptable leadership style. They write down a personal nudge/goal or action aligned to that theme.

3

The facilitator chooses specific cards relevant to the particular situation and allows each pair/table to discuss them. The pair/table can then debrief with the wider group through the relevant programme lens.

4

The facilitator chooses four (or however many groups there are) categories. Each table/group gets those cards to discuss, debrief and consider through the lens of the programme. The cards are then rotated through the remaining groups. If there's sufficient time, insights from each category can be captured and debriefed to the wider group.

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Using the Wheel of Life Exercises



1

Break the larger group into smaller groups of 5-8 people.

Either use one pack of cards for each of the smaller groups or rotate the exercise so that each smaller group gets a chance to use the cards. This will facilitate the Wheel of Life Exercise, a powerful tool for self-assessment and reflection.

For each category, ask participants to rate themselves on a scale of 1-10 (1 being low, 10 being high) on how satisfied they are with their current leadership approach in that area. Have them write or mark their score on the corresponding section of the wheel.

2

Have the cards divided into categories at the front of the room (or at each table if there are sufficient packs of cards). Allow the participants to explore the cards related to the category they scored lower in, and choose one card as a prompt discussion about actions they can take to improve in that area. Share with a partner findings and actions they might take to support growth in this area.

Self-reflection:

After completing the wheel, choosing a card and discussing with a partner, have each participant reflect.

Strengths:

Identify the categories where they scored highest. What leadership behaviours or skills are contributing to these strengths?

Areas for Development:

Identify the categories with lower scores. What specific challenges are they facing in those areas?

Coaching Card(s):

What specific action(s) could they take to improve in that area?