

## ENERGIZER: HOT CHAIR



All participants



5 min

The trainer sets a serious tone for this exercise, encouraging everyone to remain involved and be honest in her/his participation.

The participants sit in a circle with a chair in the center. Trainer/s may also be actively involved in the activity. Each participant is then invited to sit in the “Hot Chair.” The person has 30 seconds (longer or shorter if you want) to say anything he or she wants to the other participants and trainer/s.



The rest of the participants must remain silent and listen to the comments. Then for 1-2 minutes anyone in the room can say anything she or he wants to the person in the “Hot Chair” and that person cannot respond.

Extroverts will volunteer first, but eventually even the quietest and most reserved participant/s will step forward.

One interesting twist is to let the person who leaves the hot seat select the next participant.

The experience may be most powerful for those who wait to the last so do not let anyone off or hurry the final participants. It is a powerful closure experience.



The exercise will reinforce a sense of community, mutual trust, caring, and lasting communications. It is particularly good for closing training day, session, and module.



Empty chair

## M1 Instruction 10

