

ROLE PLAY: FACE A FEAR



All participants, small groups



40-50 min

Divide participants into 4 groups of up to 5 members. Each group should be comfortable to work together. Now, face the groups with the real life situation that is fearful and give them 10 minutes to prepare their role play on the subject matter. All group participants could be involved in the role play or only a couple of them may perform.

The role play situations are the following:

1) Difficult/vulnerable patients

You are a doctor/healthcare/social care specialist and you have ran some tests on your patient and they have an illness (you can choose one) and you have to break the news to them and provide further support. Your objective is to manage the patient and help them realize their options (operation invasive, exploratory with 6 weeks recovery) as its life threatening.

2) Becoming redundant

After 20 minutes ask the groups to perform their role plays. Discuss and analyze the fears experienced by all participants, leading them to debate the techniques used in overcoming fears. Vote as a panel for the best and most effective role play.



The role play will make participants think about common fears we all experience during lifetime and will help them use the common and uncommon techniques and strategies in facing them.