

# BUILDING TRUST

## Three Turning Points

This activity supports a group to get to know each other through a set of stories that they create themselves. Turning points are those pivotal moments in everyday life when we are faced with a difficult choice, when there is a crisis or conflict, or when something changes for the better or for the worse. These are often the points at which deep learning and insight occurs. This activity is useful in the early stages of team development and/or for groups to reconnect with each other after a period of time apart.



### TIME FRAME

60-90 min



### GROUP SIZE

2-20



### FACILITATION LEVEL

Medium



### MATERIALS

Pens/Markers

Whiteboard or Open Wall

Post-It Notes

### Step 1:

Participants will select three key turning points. They can be from any part of your life - growing up, schooling, young adulthood, or now.

### Step 2:

Spend 10 minutes writing down details that will help you to tell your story. Consider the following:

- The Landscape. You need to set the scene in time and space. That includes sharing the precise location where the action occurred.
- Characters. Who was involved? This is your cast list, with descriptive attributes and roles in the story.
- Challenge. Problem or task that triggered the action
- Action. Sequence of events before, during, and after your challenge.
- Message. This is the resolution of your story. This ending can include a lesson learned or message.

### Step 3:

Give each of the three stories a name. Write the name of your story on a post-it note, and stick it to the appropriate area on our timeline (on the wall).

### Step 4:

In a group surrounding the wall, have each participant share their turning points.

