Using the HBDI Whole Brain Approach to Start a Group Session

- When leading a group (a meeting, group discussion, conference, workshop, etc.)—the first five minutes sets the stage for the remainder of the time together.

- Publicizing outcomes that will meet the expectations of all four quadrants pays off in greater involvement and ownership.

- Achievement motivation and expectancy theory says that people will spend energy and effort to the degree that they believe that there will be payoff commensurate to the effort expended.

These are some examples to stimulate your thinking in order to create your own opening exercises for a group session to address Blue, Green, Red, Yellow thinkers:

B  What needs to happen for your time to be worth what you are investing today?
G  What guidelines would you like the facilitator to follow and/or enforce?
R  What do you want from your peers?
Y  What possibilities excite you about what might happen here today?

Or

B  What questions do you have about our time together?
G  What rules do you think we should all follow while we are together?
R  What would you like from others to make this the best experience possible?
Y  What might happen here that would be really exciting?

Or

B  What questions do you want answered before leaving this session?
G  Before leaving what would you like to be certain that you can do?
R  When you came here today, what did you want to know about other people in the group?
Y  Right now, what are you looking forward to . . . (doing, learning, seeing)?

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