

Energizing Exercises for Business Meetings

Between long segments of a meeting or after a meal, these energizers can help people restore their energy in order to be as alert as possible for the next session.

Where is home?

Give a reference point in the room (away from the tables and chairs) and ask everyone else to position themselves from there to indicate where their homes are. You may be asked to point out a North point. As a reference point you may use the meeting location. Ask each person to name the place where they are standing.

Silly debate

As people to pair up and give the pairs as silly topic to debate. Some options are “what is best beach holidays or mountain holidays?” or “is it better to be blonde or a brunette?” Each person in the paired group must pick opposing sides to the topic to debate. When you start the exercise everyone is to speak at the same time and very loudly debating their views on the topic. (This is not a listening exercise). Give them about 1 to 2 minutes to do this.

Make rain

Ask everyone to stand up and rub their hands together very fast, then slap their thighs, then stomp their feet. Then reverse the sequence. You (as leader/facilitator) will demonstrate first. Then you lead them through the sequence hands rubbing, thighs slapping, feet stomping and back feet stomping, thigh slapping, hands rubbing. Do about three of these forward and backwards sequences.

Silent Birthdays

Ask everyone to get up and come to the front (a place where there is space away from tables and chairs). Ask them to be quiet, no talking and arrange themselves along a continuum which you will indicate starting with 1 January on the one side and with 31 December on the other side. They should arrange themselves according to when their birthdays are without talking to their neighbors. When the human continuum is complete start from January and ask everyone to state their birthdays to see if they are in the right spots.

Human statues

Ask everyone to come to an open space in the room (without tables and chairs). First let them hang their upper bodies forward with arms hanging down loosely. Then ask them to gently move their upper bodies from left to right to loosen their arms. Tell them that you will be giving them some words and they have to pose in a way that would reflect that word if they were a human statue. Words may include “Peace” “Energy” “Leader” “Success” (you may want to choose words that align with the topics that are being discussed or the overall objectives for the meeting). Let each person settle into a statue pose for about 30 to 45 seconds before you call the next one.

Silent orchestra

Ask everyone to come to the open space (in the room) and tell them they will all be playing in an orchestra and the instrument of their choice. Could be traditional or untraditional – instrument. Tell them they are allowed to change instruments during the performance – as they wish. Play a song or snippets of a few songs and ask everyone to boldly play their (invisible) instruments along with the music showing their enjoyment of the melody/melodies. Do this for about 2 minutes. Changing the type of song or having snippets including classical music, jazz, folk music, rock etc. Will keep things interesting and changing.