

DIFFERING VIEWPOINTS

Format: Live or Virtual

Number of Participants: Unlimited (Minimum 2)

Time: 20-30 Minutes

Goal: Enhance active listening skills, appreciate diverse perspectives, and foster a culture of respect in the workplace.

Summary: Good team communication starts with respecting different opinions and viewpoints. This activity helps participants recognize and appreciate diverse perspectives while maintaining respect. By having meaningful discussions, team members can improve their active listening skills and build better understanding among themselves.



INSTRUCTIONS:

Select Your
Topic:

Choose two contrasting items or a single topic for the discussion. Consider simple and more challenging options based on your team's comfort level and dynamics.

Here are some examples to get started:

Contrasting items:

- Tea vs. coffee
- Mountains vs. beach
- Spring or fall
- Toilet paper over or under the roll
- Books or movies

Single topics:

- Pineapple on pizza
- Fruit as a dessert
- Cereal without milk
- Existence of aliens

Form the
Groups:

Divide participants into small groups of two or three. Ideal groups have a mix of perspectives and bring people together to collaborate who don't interact as often.

Give These
Instructions:

This activity is about exploring different perspectives.

You should discuss your assigned topic and each explain why you believe your stance is better or right.

Consider the unique qualities and benefits from your perspective as well as your own personal preferences.

Remember, the goal is understanding and appreciating different viewpoints, not changing others' minds.

Share the
Guidelines:

You should practice active listening throughout the activity.

Listen attentively without interrupting, judging, or immediately countering arguments.

Seek clarification when needed.

Show empathy by acknowledging the validity of diverse opinions.

Time to
Work:

Give them 15-25 minutes to work as a group depending on the number of participants.

Facilitator's
Role:

As the facilitator, your role is to observe the discussions and ensure everyone gets a chance to contribute. Monitor the conversations to keep them respectful and on topic. If necessary, provide guidance to redirect the discussions in a more positive direction.

Reflect and
Share:

After the discussions, bring the groups back together and let each group share their key insights and observations. Encourage participants to reflect on how actively listening to differing viewpoints can lead to better understanding and improved teamwork.