



## TRAINING MODULE ON INTERPERSONAL COMPETENCES

### EXERCISE

# “TRAIN OF COMMUNICATION”

The exercise shows how difficult it is to:

1. understand the important parts of a communication,
2. remember the essential parts
3. be able to pass that communication / information in a clear way, especially when there are many people involved.

The first person will tell a complex sentence in the ear of the person sitting next to them and each participant will repeat it to who is next.

It is probably best if **the trainer** is the one in charge of this first communication, as the trainer is well aware of the purpose of the exercise, of the number of people who are taking part to it and their attitude to listening.

The trainer will choose a communication whose complexity will depend on the number of participants: the more the participants, the easier the sentence.

Example:

An example of a sentence can be: **“Please remind me that tomorrow after lunch I have to pick up the laundry from the shop before taking the kids to school for their annual play”.**

We recommend that the trainer has the sentence written down, in order to be able to recall it exactly.

The trainer will only tell it once, at a normal voice speed, into the ear of the first participant. The participant will repeat what they remember of the sentence into the ear of the person next to them, and so on until the end of the participants.

The last person to listen to the sentence will repeat it outloud, comparing it with what had been said by the trainer.

There will be differences...