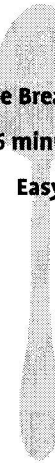


Who's Your Muse?

This is a fun way to add spice to meeting introductions. Ask participants to tell you who inspires them; who encourages them to go beyond, to experiment, to take risks. This very simple exercise can have a powerful impact on your discussion. You can glean insights into values and cultural motifs, bring some humor into the meeting from the start, and inspire different kinds of thinking and problem solving.

Set Up Time:	under 1 minute
Run Time:	2 minutes
Sharing:	30 seconds to 1 minute per person
Team Size:	groups of any size
Materials Needed:	none

Ice Breaker
~6 minutes
Easy



Tips

As facilitator or moderator, model the exercise by giving an example of your own, and present this with the type of brevity that you are looking for from your participants.

Take notes of the names or types of people that your participants mention, because it can be quite helpful in referring back to them in later discussion or exercises.

How to Do It

Here are some different ways to frame the question:

Who is your Muse? Is there someone in your life, a real person or a character, someone you know directly or someone you have heard or read about who inspires you? As we go around the room introducing ourselves, introduce your Muse as well, and let's invite our Muses' thinking into this room as we work together.

Or...

If you could invite anyone into this meeting today, real or imaginary, someone you know or perhaps someone you have just heard or read about whose expertise or approach to thinking you would love to tap into today, who would that be? As we go around the room, introduce yourself and this other person. And imagine through the day that your Muse is sitting on your shoulder and can offer you encouragement, advice, wisdom, insights, whatever you need as we work together.

Or...

You can also substitute language of hero/heroine or great inventor, or an historical figure who you admire, or an artist, or literary character, etc.

Your Experiments and Notes
