



NAME OF EXERCISE	FIND A TOPIC / THE COMMON CHANGE INTENTION		
SOURCE / AUTHOR	Susanne Linde		
USE IN GAME-PHASE	Getting into the game	The participants have already named their individual change topics.	
DURATION	30 minutes without reflection		
PARTICIPANTS	Groups of 12 -24 persons		
PURPOSE	This exercise serves to develop a group theme from the participants' individual topics. This can be formulated as a common motto or as a common intention.		
SHORT SUMMARY	Starting in pairs, the participants find a common motto or intention for change. They get together with another pair and find a common motto/intention with them in which they all recognise themselves. The small groups double up until the whole group has found a common motto or intention.		
LifeComp - Competences	S1 - Empathy S2 – Communication S3 - Collaboration	L1 – Growth Mindset	
USES & OUTCOMES	● Exploring own change intention ● Encountering the change intentions of others ● Categorising own change topic in a larger context ● Agreeing on a common theme or motto		
ROOM REQUIREMENTS	Sufficient space so that the couples / small groups can communicate without disturbing each other.		
PREPARATION / MATERIALS	The participants are in a mindful attitude and familiar with the group rules. In preparation, each participant has identified and named their topic for change. Material: A beautiful frame is drawn on a poster, in which the group motto is entered at the end of the exercise. (See step 4)		
INTRODUCTION	Next, we will dedicate ourselves to the beautiful task of finding a common motto or intention for our game. To ensure that everyone can recognise themselves in this motto or intention, we will start with the individual change topics that you have already identified for yourselves and develop an overarching concept step by step until we have formulated a motto or intention that everyone can go along with. Principles ● Remember that you are responsible for your share of the joint result. ● Trust that your interests are welcome. ● Open yourself up to new perspectives. ● Utilise the knowledge and experience of the group. ● Follow in the footsteps of curiosity and joy. ● Trust the moment-to-moment experience.		



SEQUENCE OF STEPS	Description
STEP 1 (5 minutes)	Groups of two: The trainer instructs the participants to form pairs. Within these pairs, the participants name their change topics to each other. Together they then find a term that includes both topics. This is their common motto.
STEP 2 (5 minutes)	Groups of four: Each pair now goes together with a second pair and goes through the same process as in step 1: Each pair names their motto and the two pairs in turn agree on a common motto.
STEP 3 (5 minutes)	Groups of eight: As described in the previous steps, two groups of four now get together, name their motto and find a common 'overarching motto'.
STEP 4 (5-10 minutes)	Finding the group motto or group intention: Two groups of eight (for max. 16 participants) or three groups of eight (for max. 24 participants) finally agree on the group motto. As the starting points were the individual change topics, all participants should now find themselves reflected in this motto or intention. Difference between motto and intention: While a motto can also be a single term, an intention has a tendency. Examples of a motto: ● Unfolding ● Self-Care ● Life means continuous change/adaptation ● Work can also be fun Examples of an intention: ● I find out what I really want and start to realise it.
STEP 5 (5 minutes)	Ceremonial designation of the common motto/intention The group motto is written on the prepared poster.
REFLECTION optional (5 minutes)	● How easy or difficult was it for me to find an overtopic? ● What did I learn about my intention to change during the exercise? ● How can I continue to use this in my change process?
TIPS	Moderation The larger the small groups become, the more difficult it is for everyone to contribute equally. It is therefore advisable for the trainers to moderate the final phase. The aim here is not to control the process, but to ensure that everyone who wants to has their say. The approach is therefore discreet so as not to take responsibility for the process away from the group. 'Fishbowl' Alternatively, you can use the fishbowl method: The participants sit in two concentric circles. 1-2 'delegates' from the subgroups sit in the inner circle and there are 2 free chairs in between. The remaining participants sit in the outer circle.



Discussions and decisions are only made in the inner circle. Anyone sitting in the outer circle who wants to make a constructive contribution can sit on a chair in the inner circle, make their contribution and then return to the outer circle.

Use the principles

If you have participants who have problems contextualising their change topic, use the principles described above under 'Introductory words' to remind them of the co-creative aspect of the exercise.
