**Slide 1**

1. 8x11 paper
   - Write 1st name (first & last)
   - Specific obvious identifiers (color of clothes; hair color; glasses; shoes; etc.)
   - 1 little known thing you'd be willing to share

2. 4x4 paper square
   - Name
   - Work
   - Hobby you enjoy or would like to do
   - Wish for this workshop

---

**Slide 2**

Energizers & Icebreakers: When & How to Use Them

Presented by:
Dr. Judy Tindall
Ms. Cindy Wynn
Dr. Marilyn Bader

---

**Slide 3**

For more conference details information, download the Conference App.
App: The App by 911USA

Please complete the Volunteer Evaluation: http://bit.ly/911USA

Support the 2017 Annual Project through online, in-person, or service project. Visit the website below for additional information.

http://www.911usa.org

---
Slide 4

National Association of Peer Program Professionals
www.peerprogramprofessionals.org
nappp@sbcglobal.net

Peer helping resources
Training institutes
Curriculum
Book store
Ethical dilemma assistance
Publications
Newsletter
Position papers

Networking

Slide 5

Definitions
Warm up or Icebreakers
Energizer

- Get acquainted
- Increase group comfort level & interactions
- Preparation to introduce topic

- Infuse energy
- Change attitude
- Refocus group's direction

Slide 6

Focus & Goals

1. Be clear (self & group) purpose of activity
2. Never use as a time filler
3. Form follows Function

Exercise purpose of utility – my follows function
Slide 7

Materials
- List materials prior to activity
- Be realistic
- Check room guidelines & limitations
- Special needs
- Sufficient supplies – add extra just in case

Slide 8

Space

MOVEMENT NEEDS
ADVANCE INQUIRIES
PLAN B
LEAVE CLEAN AREA

Slide 9

Risk
- Sensitive to "feel" of group
- Vary the pattern
- Abilities & limitations of individuals
  - Physical
  - Emotional
  - Intellectual
  - Social
- Risk levels & safety:
  - Physical
  - Emotional
  - Intellectual
  - Social
- FREEZE or stop action command
Time
Extend or stop
as necessary
Check energy level
Keep moving
Manage time (5-20 min.)

Directions & Facilitation
Be clear
Grouping strategies Mix it up
Practice clarity "in charge" voice Adapt Variety

Learning Experience
What
So what
Now what
Summarize
Slide 13

Try it out!

Slide 14

Contact Information

NAPPP (Nat’l Association of Peer Program Professionals)
www.peerprogramprofessionals.org
nappp@sbcglobal.net
888-691-1088

Dr. Judy Tindall; jsuenderly@psynetinc.com
314-518-1232
Ms. Cindy Wynn; cwyne@lindenwood.edu
314-219-2040
Dr. Marilyn Bader; badertf@sbcglobal.net
314-956-0796

Conference Information

For all conference related information, download the Conference Yay App. The Yay ID is NSCA13.

Please complete the Workshop Evaluation: http://bit.ly/2pZaYKq


Support this year’s Annual Project through raffles. Bingo: Monday reserved seating. Monday power hour, and service project. Visit the activities desk for additional information.

Take place to participate in evening activities:
- Hospitality from 6:30 to 8:30 p.m.
- Service Project Activity beginning at 7:00 p.m.
- Raffle Night beginning at 7:00 p.m.
- Follow us on Twitter (@pmyNSCA)