



## **Speed Networking**

Run a speed-networking activity for up to 45 minutes, allowing delegates **1 minute to have 1-1 conversations** with everyone else in the group. Note: an ODD NUMBER OF DELEGATES ARE REQUIRED.

### **Set it up:**

- Sit delegates in two rows, facing each other, with one person sat at the 'head' of the rows.
- Everyone should network with the person opposite them, with the person at the 'head' sitting out.
- After the minute is up, ring a bell/blow a whistle. All delegates should move along one space, so there is a new 'head' who will sit out.
- Continue until everyone is back in their original seat.

Discussions should **always** cover:

- Who they are
- What they do
- Current project

and then one of the 'trivial' topics listed below (either read it out, or put it on the screen)

- last holiday
- favourite TV programme
- worst job
- best job
- favourite food
- first job
- first love/kiss
- favourite holiday destination
- favourite film/actor
- last concert/gig attended
- pet hate
- dream date
- dream car
- dream job
- favourite (current) song
- one thing you can't live without
- embarrassing moment
- what you did last weekend

After each round, ask everyone to write down a fact about the other person on a record sheet for future reference (if desired)