



Rev up your Curiosity Factor

This exercise is designed to open the mind to endless possibilities and to stretch beyond the obvious. It is a perfect warm up to teams at the beginning of any blue sky or strategy exercise where groups are required to come up with new ideas to enact or enable change within the organization – all through using a simple tool – one’s own curiosity.

In a recent lecture, Dr. Robert Biswas-Diener provided an interesting perspective on this very subject. He referred to studies that suggest people who are high on the curiosity factor are generally happier. For example, those with curiosity in their Top 5 as measured on Seligman’s VIA Character survey are found to experience all sorts of benefits; more happiness, more fulfillment, more satisfaction at work and have more meaningful experiences. He continued that with all of the changes in the world today, the uncertainties and novelties of the 21st century, curiosity is a pleasant emotional experience that will help one navigate the unknowns.

Are you curious yet?

This is where the link to **The Coaching Game** comes in.

Whether you are coaching one on one, or working with a group, chances are your clients are experiencing, or desiring some sort of change and require some sort of stimulus to get the ideas flowing. If Biswas-Diener is right, then curiosity would appear to positively set the stage for any brainstorming session. With that in mind here is an activity that you can use to rev up the curiosity factor.

Facilitator: Coaches, Team Lead, Workshop Facilitator

Supplies: Points of You – The Coaching Game, Timer, pens and paper for participants

Number of Participants: One (plus coach) to unlimited – will be working in pairs

Time: 30-40 minutes





Activity Process- Step by Step:

1. Have each participant take a random card from the face down deck of POY cards.
2. Ask the participant to review the photo and to get curious!
3. Instruct them to write down 100 (yes – 100 questions) that they might like to ask or know about the situation in the photo. You will start to meet resistance around 20 questions – but keep going, this is where the fun begins.
4. After the allotted time (approx 10 min) have the participants pair up. Instruct person A to share his/her card. Ask person B to verbalize questions that come to mind. Just when person A thinks they had thought of EVERY possible question, the fun is in the new questions that person B shares.
5. Switch roles and have partner B share his/her card.
6. Debrief the exercise as a group and get curious about what they learned!

* This exercise can be modified for one on one coaching whereby the coach acts as person B but does not participate with his/her own card.

Whereas there is a place for left brain activities in the strategy and change process, this right brain curiosity activity will promise to energize and engage and set the session off in a whole new and wonderful direction. Give it a try – I'd be curious to hear about your experiences!

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