

# Let Me Introduce

*An exercise where you introduce everyone else but yourself*

## At A Glance

Each person approaches as many people as possible within a specified time limit, introducing each of them to another person in the group.

## What You Need

2 – 5 mins

## What To Do

I've found this simple re-working of the traditional form of introductions a brilliant way to rid my group of a lot of that tension that most people experience when they first get together. It won't evaporate all of the awkward feelings, but it is fun and is guaranteed to create a ton of energy.

With your group milling about, ask them to casually approach any other person in the group – whether they know their name or not – greet them, and ask for their name. Embodied with a lively demonstration, it will sound something like this. *"Hi, what's your name?"* The doe-eyed person you have just approached says *"Simon,"* and you reply with *"Hi Simon, come with me, I'd like to you to meet somebody."*

At which point you lead Simon with you over to another unsuspecting group member, and say *"Hi, what's your name?"* and it might be Vijay this time. *"Hi Vijay. I'd like you to meet Simon. Simon this is Vijay."*

Having done the job of the Introducer, explain that each person now moves on to either seek a new person to greet, or submit to another person's invitation to be part of their introduction, and so on. Get the idea?

In principle, the person arranging the introductions need not say their name, but we are so accustomed to doing so in our culture, it often happens anyway!

To give the exercise a little vivacity, announce that your group has three (or whatever) minutes to introduce everyone to everybody else. Won't happen, but that's not the point.

## Variation

- Following on from the basic set-up, one of the two people who have just been introduced to each other, now leads the other to a new person. For example, Simon leads Vijay over to meet and greet with Rachel.