

A Picture is Worth a Thousand Words

WHAT: A technique to access thinking, knowledge and emotion about an idea, situation or challenge.

WHY: To access reactions, knowledge and personal data from a different part of the brain; to uncover untapped understanding.

HOW: Invite participants in a meeting, learning event or gathering to select an image (usually a photo from a collection offered by the facilitator) that represents their understanding of something; this is usually solo work; then they share their image in pairs, small groups or in the large group (if it is not too large, 12 people or less); then debrief what surfaced in the conversations and sharing. To help make this an energizing activity, it is often done while standing.

WHEN: As part of a warm-up at the start of a day or important work with a group; at the end of the day to synthesize the journey a group has been on; when you need to share the history of something.

VIRTUAL APPLICATION: *Pictures can be offered on a shared screen or shared folder. Participants can be invited to find an image in Google Images (or their personal photos) to share.*

