

## **I Expect**

This exercise asks the participants to reveal their expectations of the training program, of each other, and of themselves. This structured experience is most appropriate for educational programs or sessions that emphasize personal interaction among group members. This activity is most effective when used during the early stage of the group's formation.

### Time Reference

Approximately 10 to 15 minutes.

### Group Size

Best suited for a group of 10 to 20 participants.

### Space Required

A room that is large enough to accommodate the comfortable seating of the participants.

### Materials Needed

For each participant, a pencil and a piece of paper.

1. After distributing paper and pencils to all of the group members, the trainer asks each participant to write down the following statements: "From the leader of this session, I expect \_\_\_\_\_," "From the other participants in this session, I expect \_\_\_\_\_," and "From myself in this session, I expect \_\_\_\_\_."
2. The group members are then given five minutes in which to complete the statements.
3. When the allotted time has elapsed, the trainer collects the papers. Then, without revealing the participants' identities, the group leader reads all of the completed statements out loud.
4. The trainer may then initiate a brief discussion of the participants' expectations and how these expectations are to be met during their time together.

### Variations

- The group leader can list the participants' responses on three sheets of newsprint headed "Expectations of the Trainer," "Expectations of Others," and "Expectations of Myself." The resulting lists would be posted so that the group members could refer to them during the training session.
- The trainer can use other incomplete statements. For example: "I want \_\_\_\_\_," "I need \_\_\_\_\_," and "I wish that \_\_\_\_\_."