



# **Four Energizers**

Developed by OPSEU Train the Trainer 2 Participants  
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# Energizer for a Regional Grievance Course

(3pm participants have low energy)

## Fill in the Blank

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### Objectives:

- Raise the energy level
- Refocus the group

**Audience:** Works best for groups of 10 or more

### Equipment:

- Sticky notes
- Markers
- Flipchart paper

### Process:

Facilitator reads and posts the statement “Maria, a full time employee files a grievance\_\_\_\_\_”. Instruct the group to; individually write how they would complete this statement. Ask them to use the markers and sticky notes provided on their tables. Once completed ask each participant to come up to the front of the room, read how they would complete the statement and post their notes next to the statement.

Applause and laughter for each response

# Energizer for a Newly Elected LEC

## On the Bus

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### Objectives:

- To get to know the group
- To learn what we have in common
- To learn our differences

**Audience:** Mid to large sized groups

### Equipment:

- Loose paper
- Markers
- Flipchart paper

### Process:

Facilitator asks all of the participants to move to an open area of the room. Facilitators or assigned participants situate themselves in separate areas of the room. The facilitator then reads out contrasting statements while the individuals in the room move to the assigned person holding up the sign for their “bus”. The person holding the sign calls out to people to “get on the bus” i.e. “Everyone who is a new steward get on the bus” while the other sign holder calls out “Everyone who has been a steward before, get on my bus”

Other examples could include:

- Different ministries or worksites in a composite local
- Handled or not handled a step two grievance
- Attended an equity course or not
- Attended an arbitration or not
- Attended a Day of Action or not

Participants note and appreciate the level of experience and diversity in the room

# Energizer for a Newly Elected Bargaining Team

## Mistakes and Risks

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### Objectives:

- To get to know the group
- To develop a level of comfort in the group
- To inform the group that it is okay to make mistakes and take risks

**Audience:** Any

### Equipment:

- Markers
- Flipchart paper

### Process:

Facilitator instructs the group that they will be

- Saying their name and state “I can’t wait to make mistakes and take risks” as enthusiastically as they can.
- Saying “I imagine the employer to be \_\_\_\_\_ (participant makes a sound or action to represent what they imagine the employer to be)
- Saying “What I want from bargaining is \_\_\_\_\_

Facilitator goes first

i.e.

- “My name is Rick and I CAN’T WAIT TO MAKE MISTAKES AND TAKE RISKS”
- “I imagine the employer to be (*shaking*) scared
- “What I want from bargaining is *better benefits*

Applause and laughter for all

# Energizer for a General Membership Meeting

## The Wave

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### Objectives:

- To get to know the group
- To develop a level of comfort in the group
- To increase the energy in the room

**Audience:** Large

### Equipment:

### Process:

Facilitator instructs the group to say their name followed by raising and lowering their hands (like doing the “wave” at a sporting event). The person next to them does the same until everyone has done this. Next, the person says the name of the person beside them followed by raising and lowering their hands. The person next to them does the same until everyone has done this. Lastly, Participants spell out the word OPSEU one letter at a time “O” raising and lowering their hands. The person next to them does the same “P” etc, until everyone has done this.

Applause