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Name: Speed Dating

Goal: *The purpose is to encourage quick introductions, idea sharing, or networking in a fun and dynamic way.*

Short Description

Speed dating in a workshop setting is a structured networking activity where participants engage in brief, timed one-on-one conversations with multiple people. Each interaction typically lasts 3-5 minutes before participants rotate to the next person. This activity is often used to foster connections, encourage interaction among participants, and generate diverse perspectives in a short amount of time. It's particularly useful for breaking the ice, building rapport, and stimulating creativity in group settings.

Step-by-Step Guidance

1. Set up the space (arrange two rows of chairs facing each other or a large circle with inner/outer rings)
2. Prepare guiding questions (depending on goal and purpose of the exercise) and read out the next question before each round
3. Time each round (3-5 minutes per round) and use a timer or bell to keep it moving
4. Wrap-up (optional) asking what was surprising or inspiring



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