



Personality
DIMENSIONS®

Tips & Tricks for Personality Dimensions® Trainers

Fire Drill

OBJECTIVE: To demonstrate the value of identifying what's important in our lives, and to demonstrate the differing values of each temperament.

TIME ESTIMATE: 6 – 8 minutes.

ACTIVITY STEPS

1. Let participants know that you would like them to engage in a mental role-play exercise.
2. Tell participants to imagine that they are sitting at their work desks when suddenly the fire alarm sounds. (groan!)
3. Over the intercom, the facilities manager announces that everybody must vacate the premises in one minute!
4. S/He also says that you are allowed to bring with you a maximum of five items from your desk.
5. The items you select must be able to be carried out with you (i.e., no desks, file cabinets, water coolers).
6. Ask participants to spend the next minute writing down on a piece of paper the five items they will take with them.
7. Allow participants one minute to jot down their items on a blank sheet of paper.
8. After one minute, call time, and then solicit several examples of what participants put down for their lists of five items.
9. Debrief by asking the following questions:
 - How easy or difficult was it to select your five items?
 - Of the items you chose, how many were job-related as opposed to those of a personal nature?
 - What made you choose the items you did? Were they related to Type/Temperament?
 - What does this tell us about the four temperaments and what is important to them?
 - What does this tell us about the value of prioritizing?

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