

Explore an individual challenge by gaining immediate practical and imaginative help

 3 - 24

 45 min

Benefits

For the facilitator

Create favourable conditions for unexpected solutions to emerge.


For the participant

Refine their skills in asking for help. Learn to articulate problems and challenges clearly. Improve listening and advisory abilities.

This activity helps participants gather relevant ideas on issues they face and tap into local wisdom to address them. Through quick, iterative 'consultations,' individuals articulate their request for help and immediately receive advice from two others.

Sequence

5 min	Activity presentation	<i>In plenary/Individually</i>	The facilitator explains the objective and structure of the activity to all participants. Then, they invite participants to reflect on the question they intend to ask when they are in the role of the client.
30 min	Consultations	<i>In groups</i>	The facilitator forms trios. Within each group, participants take turns being the "Client" for 10 minutes each. Each person shares their question with the other two, who assume the role of consultants. The consultants ask clarifying questions before offering ideas, suggestions, and advice. At the end of the 10 minutes, the client shares what they found most valuable.
10 min	Debrief	<i>In plenary</i>	The facilitator asks participants if they are satisfied with the exchanges they had with their peers.

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Content

Instructions - Troika - Consultations