

The Importance of Ice Breakers

An ice breaker is an activity, game, or event that is used to welcome and warm up the conversation among participants in a meeting, training class, team building session, or another event. Any event that requires people to comfortably interact with each other and a facilitator is an opportunity to use an ice breaker.

An effective ice breaker will warm up the conversation in your training class or meeting, reinforce the topic of the session, and ensure that participants enjoy their interaction and the session.

When participants don't know each other, the ice breaker will help them introduce themselves to the other participants.

When meeting participants do know each other or are participating in a regularly scheduled meeting, an ice breaker is still effective to warm up the conversation. In a mid-sized manufacturing company, participants in a department's scheduled weekly meetings took turns bringing an ice breaker to lead at the start of the meeting.

These ice breakers did warm up the conversation and build employee interaction. They also helped participants to develop meeting leadership skills which made them more effective team leaders.