



## TIME FOR A COCKTAIL

The best time for a cocktail is right after lunch.

That's when you *really* need one!

Just to clarify, we're talking about a cocktail *exercise* for the classroom, not your favorite adult beverage, although some training days *really* warrant one of those also! J

A cocktail exercise energizes your learners right after lunch or anytime you feel the learning climate needs a pick-me-up. Here's a quick how to:

1. Break the learners into small groups.
2. Give them an assignment like, "Brainstorm as many ideas as you can for how you can apply what we've learned so far."
3. Give each group a piece of chart paper, tape and a water-color based marker (they don't bleed through).
4. Instruct the learners to stand up, pick a piece of wall/door/window property and tape up their chart paper.
5. Give them a short time period, like 5-7 minutes, to jot down as many ideas as they can.
6. Warn them about time, counting down to build their energy and alert them as to how much time they have.
7. Call time and then instruct them to move *clockwise* to the next chart.
8. Once there, tell them they have 3 minutes to review what's there and add to it.
9. Call time after 3 minutes and have them return to their original chart and review the ideas.
10. Ask each group to select a spokesperson and debrief the ideas in the large group.

You now have their energy up to start digging into the next content piece of the session.

For more ideas on how to energize and engage your learners, click [HERE](#) and check out our two-day public workshop, *Facilitate Training With Impact!*

And keep this in your back pocket. You never know when you're gonna need a cocktail!

Cheers!

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