

# Is There More to **Life** Than This?

## Admin

1. Ensure that you have registered everyone in the group and that each person has a name badge.
2. Serve drinks and snacks before beginning the discussion.
3. Introduce yourself and welcome everyone to the group.
4. Explain the format for each session and the number of sessions.
5. Highlight: no pressure, no follow up, no charge.
6. Explain the format and purpose of the small group discussion.
7. Reassure the guests that you always finish on time.

## Icebreakers

These games will enable the group to remember each other's names and get to know one another.

## **Name Game**

- “Everyone think of a positive adjective that starts with the same letter as your first name” e.g., “Jovial John” or “Happy Helen” OR “Everyone think of a famous person with the same first name as you” e.g., “Justin Bieber,” “Sandra Bullock.”
- Start with the person on your left. They must say their name and positive adjective or celebrity name. The next person must say their name and adjective or celebrity name and that of the person before them.
- Each person must try and repeat all the names of the guests preceding them from memory. The host is the last person to go and repeats the names of everyone in the group.
- Be quick to help any guests who might find this more difficult.

## **Desert Island Game (if you have time)**

- “If you were stuck on a desert island and you could take one thing (not a person) with you, and you already have the Bible and the complete works of Shakespeare, what would you take?”
- OR “Which person from history would you like to be stuck in an elevator with, and why?”

## **“How and why did you end up coming here today?”**

- This gives the rest of the group permission to say what they really think. Try to draw more out of guests if they are a bit hesitant. Start with the guest you think is most reluctant/hostile about doing Alpha to encourage other guests to open up and be honest.



A series of horizontal dotted lines for writing, spanning the width of the page and partially obscured by a large white circular graphic in the upper right quadrant.