

### Goals:

- (1) to learn everyone's name;
- (2) to encourage everyone to say something in front of the group;
- (3) to help people relax about a new experience; and
- (4) to draw them in to group participation.

1. Planned introduction should be brief and "non-threatening."
2. Introduction topic ideally will be tied to subject matter of the group or the day's topic. (e.g., a marriage education seminar could start with name/s, how long married, or been together, and what you do)

HOWEVER: it can be just a silly play on your name. Be sure to consider the group you are speaking to when planning your introduction.

3. Allow each person to share his/her name (Always include people's names) and some piece of information about self, which does not require a high level of self disclosure. Nametags or some other visual name recognizer should also be used as well.
4. Group leader should go first to model self-disclosure and acceptance.
5. Acknowledge each person with a smile, and a comment if appropriate.
6. Conclude with thanks and a general statement about getting to know each other better and how each person's experience and involvement can be a valuable asset for the group.