

# BRIEF DISCLOSURE

**OBJECTIVE:** To encourage participants to start an event off on a positive note by sharing a success they had during the last month in their area of responsibility.

**MATERIALS:** none

**DIRECTIONS:** Facilitator instructs participants to give their name (if group members do not know each other, otherwise they do not have to give their name) and in 30 seconds tell the others something positive and/or exciting that happened to them at work during the last month or week.

**CONCLUSION:** Ask participants what stood out in their mind about what was said.

**NOTES:** The activity is designed for 20 or less participants.  
The job of the facilitator or designated time keeper is to be sure they adhere to the 30 second time rule!  
The activity helps individuals reflect on their successes thus helping them to reinforce positive self-esteem.  
It helps others to know what is happening in the organization.  
This activity can be used at a reoccurring event such as staff meetings or committee meetings that meet on a regular basis.