

The “Ask Five People” activity

... was adapted for the language learning classroom from a coaching intervention originally designed by Kim Morgan and her team at **Barefoot Coaching Ltd, UK***. As a coaching intervention it is similar to a 360 degree appraisal and is excellent for confidence building. In the language classroom it allows your students to develop vocabulary and grammar that creates confidence when facing such tasks during a team building event or in a coaching conversation for example.

You can, of course, modify the questions according to the vocabulary building needs of your students and the grammar you would like to cover with this exercise. Depending on the time you want to allocate to this exercise you may want to specify if every question should be answered by five different people, which would be the case if it was done in a real coaching environment. Or if you let your students walk around and ask five different people one question each, which would be absolutely sufficient for use in the language learning classroom.

Example 1:

Walk around and ask five people here in the classroom the following questions.

1. What one word or phrase describes me best?
2. What do you think is my greatest achievement?
3. What do you value most about me?
4. What one thing could I change for my own benefit?
5. What do you believe to be my greatest strength?

* <http://www.barefootcoaching.co.uk>



Example 2 - Rate your relationships at work

Ask your students to think of four people at work. Make them choose two people with whom they have a (very) good relationship, and two with whom their relationships could be improved.

Let students rate their relationships with the four people on a Likert Scale, e.g.: Where on this scale would you place the relationships with person A, B, C and D? (A, B, C, D are place holders only)

1	2	3	4	5
Very Good	Good	Sufficient	Not good	Extremely challenging

In pairs or groups of three let the students reflect on the following aspects:

- What makes the relationship with (e.g.) person A and B a good relationship?
- What makes the relationship with (e.g.) person C and D a difficult or challenging relationship?
- Would you like to improve the relationship with (e.g.) person C and D, and if yes, what would the benefits be for you and for them?
- What would you need to improve the relationship with (e.g.) person C and D?
- Have you had a conversation with (e.g.) person C and D about your relationships? If not, why not? If yes, how did that go?

etc...



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What *else* can Business English Trainers do to support their clients with the challenges of the next generation workplace?

Thank you very much

for your interest and your attention!

Feel free to contact me to continue the conversation....and I would be interested in your experience with the exercises. Looking forward to hearing back from you!

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