



## Exercise – Heading in the Right Direction

### Methodology:

This is a quick exercise that can serve as an energizer. It will help the group to both physically experience and see how difficult it can be to find the right direction. The group can also see how important it will be to decide on a direction if they want to arrive at a common place. This understanding plays an integral part in the development of their strategy and tactics.

### Objectives:

- To give people an experiential way to understand the need for determining a direction and purpose.
- To help people discover how they determine their own direction and that they may be in contradiction with others.

### Facilitation Note:

Determine what is “north” according to your room location. Here's a quick exercise that gets people moving while visually demonstrating how important it is to get everyone moving in the same, and right, direction. (If “north” is hard to locate in the room, choose a famous place in the area.)

Facilitator – read this script:

- Stand up.
- Close your eyes.
- Turn your body in the direction you think is north and point.
- Hold your position and now, open your eyes.
- What do you notice? (e.g., That not everyone is facing the same way.)

New Tactics Adaptation: Very briefly ask participants to share how they think the activity applies to Step 2 – Building a Common Vision.

Potential questions:

- How do you think this brief exercise relates to Step 2? What is Step 2? [Build a Common Vision]
- Why is this important for our advocacy work?
- What is important about knowing what direction you’re going?

Potential closing statement: Facilitator can add how a vision is like your “true north” – provides a compass to guide you and helps you know when you’re getting off track.

New Tactics adapted from original source: Liz Wheeler (September 29, 2011)

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