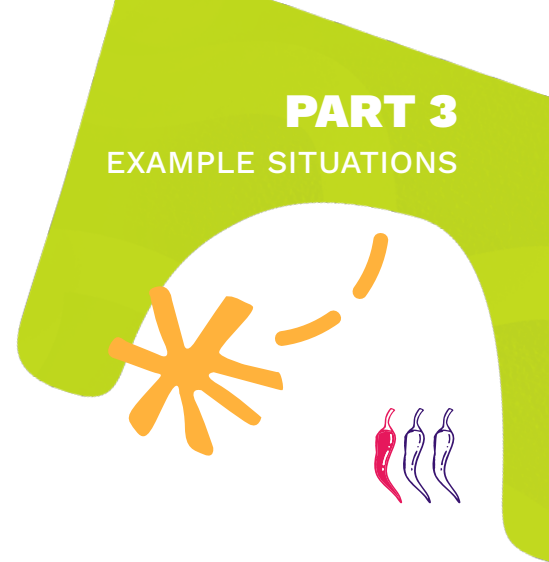


Exercise 1B

ONLINE POLL VIA AHASLIDES



SITUATION

Communication: talking about feelings expressing frustrations, sadness, anger,...



PARTICIPANTS

At least 5 people



MATERIAL

- **Appendix 1:** Example situations
- Wifi, laptop, beamer, white wall/screen
- AhaSlides account + poll prepared
- **Appendix 2:** What can I do?
- **Appendix 3:** How do I make an AhaSlides account?
- Participants' smartphones and/or tablets



TIME

30 minutes

OBJECTIVES

- Share what a given situation feels like to you
- Identify your own feelings
- Dare/be able to express your own feelings
- Experience equality between colleagues through exchange

If a group feels **insufficiently safe**, we use AhaSlides as an anonymous platform.

Exercise 1B



SEQUENCE

De trainer

1. Firstly, create an AhaSlides account and presentation (**Appendix 3**).
2. Asks participants to take out their smartphones. If a participant doesn't have a smartphone, the trainer can lend them a tablet.
3. Ensures there is an internet connection for the participants.
4. Ask the participants to go to www.ahaslides.com.
5. Ask them to enter the unique code or scan the QR code to go to the presentation/questionnaire.
6. Show the participants the example situations (**Appendix 1**) online from AhaSlides. If you don't want to cover all the situations, you can select some of them.
7. Ask the participants to respond anonymously by selecting a GIF or indicating* a reaction/feeling through their phone (see example in **Appendix 3**). The group's responses are visible immediately and anonymously, allowing the trainer to respond immediately.

*The trainer works best by conducting a poll. Work with the colours green, green, red and dark (red). The trainer can also ask the participants to choose a particular GIF instead of colours.
8. Sum up the poll's results. Review the information from the information sheet (**Appendix 2**) "What can I do?"