

Guide to Using People Science Relationship Makers

People Science exercises are applicable to a wide variety of situations. They can be used in large groups, in small groups, in a few minutes, or over the course of weeks. However, the end goal is the same: to build relationships. People Science exercises are specifically designed to build and strengthen **relationships** in a given group of people. To maximize the effect of these exercises, please follow the following guidelines:

1. Focus on relationships

Relationships are the backbone of all People Science activities, and are best built when we are actively focusing our energy on using these exercises toward that purpose. Do not gloss over the relationship building aspect of these exercises – that is where our impact truly lies.

2. Combine and iterate

These exercises can be used as stand alone activities, but feel free to combine two complementary exercises if you have the time available! Many of these exercises can be very successful used together or in the course of the same gathering.

3. Help us improve

As you begin to use these exercises, please help to improve the quality of these. Comment, rate, send feedback, provide ideas, or alternative options. Share with others what worked and what didn't work . Please

send all ideas/options/edits to info@peoplescience.info

Thank you so much! And Enjoy!

Keep the People Science **Principles** in mind at all times:

- Intentionally connect people to make an impact
- Use data and artificial intelligence to achieve these interconnections
- Change the way we have conversations -intelligently network your knowledge and relationships
- Apply data-based Design Thinking to organizational structure

An open source change platform: intentional relationships can empower re-wired communities to drive exponential impact. Models and implementation design curated by [The Value Web](#) & paid for/sponsored by [Way Better Work](#). Relationship Maker Exercises licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](#).

4 Phrase Resume



Timing

5 - 15 minutes

Purpose/Objectives - Quick Description

Share your team's information with the group in 4 short memorable phrases - thereby building new bonds and leveraging an ever-growing network

Process

1. As players/participants enter the room or begin the round/exercise, they spend four minutes writing their 4 phrase resume.

2. That's it. 4 phrases. They can cover any point in their life and any type of event. There are no restrictions. What each person chooses to write about in their 4 phrases is part of the exercise since participants tend to focus on vastly different (or scarily similar) elements
3. In People Science groups (or if PS teams are unavailable, groups of two to four) participants then review each others' resumes and discuss intriguing pieces or questions
4. The group should then try to identify common history and background (e.g., previous companies, people they know, skills, experiences, hobbies, education)
5. Document this information and pass to knowledge weaver. The information should then be built into the rest of the event.

Logistics

- Piece of paper/index card and pen for each participant
- Instructions written up clearly on a flipchart or whiteboard

Cool Possibilities/Options

- With a team that works together regularly, instead of a professional resume, make it a personal one
- Collect all the resumes, and at the end of the day hold a "Guess who?" contest - e.g., Who played basketball with Magic Johnson in college?
- 5 minute version - don't have them write anything. Just get in small groups and have them share their 2 sentence audible resume
- Give categories for each of the 4 parts of the resume phrases. I.e. Biggest accomplishment, biggest failure, high school skills you are still using, how income disparity is impacting your business, etc.
- Use this detailed overview of creating your 4 lines as inspiration: <http://bit.ly/1FzdgSF>

People Science Data Capture:

- Collect all resumes and input to profiles for each player
- If players are entering info directly into devices - do real time display on dashboard

Tags

4-phrase resume, 5 - 15 minutes, energizer, history, ice breaker, networking, resume, small groups, teambuilding