

Interconnected triangles¹

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Diversity competencies to develop	Dealing with perceptions, ambiguity tolerance
Significance of the exercise	The mutual interaction and the resulting connections of people in their complex system can be experienced.
Targets	To clarify complex relationships and interactions of compounds in systems.
Time needed	30 minutes
Participants	12~ people
Spatial requirements	Large room or outdoors
Preparation, tools	none
Special notes	In this exercise, some students might feel as if they are a cog in the wheel to a certain extent, and might react accordingly.
Exercise description	The students first stand in a circle. Each student secretly chooses two partners to play with. From now on, communication is no longer allowed. The task is now to form an equilateral triangle with the two chosen partners. Since all participants have picked out different people and move depending on them, there is quite a bit of confusion that could grow into great dynamics. The exercise ends when the system has steadied and everyone has found "their place in the system".
Evaluation questions	<ul style="list-style-type: none"> • How well did I manage to stay open to what was going on during the exercise? • Could I accept the different tempos and approaches? • How did I manage to engage with the movements of others without losing sight of my own movement? • What strategy did I use to connect with the others? • When and where do we experience similar situations in our everyday university/study life? • How do we deal with them?
Variant	A secret agreement is made with one of the participants. After the system has steadied, this participant starts moving again. Thereupon, the whole system will have to readjust itself again. The power of interaction becomes even clearer.

Translated by

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¹ From: Lüthi/ Oberpriller/ Loose/ Orths: *Teamentwicklung mit Diversity Management. Methoden-Übungen und Tools*, Bern 2013, p. 168.