



# Equity speed “dating” activity

## Description

This icebreaker can be done virtually or face-to-face. The objective is to build relationships in the group, support vulnerability and establish connections. It is a fun way to get to know your colleagues and slowly deepen your dialogue.

## Suggested uses

Use this activity as an icebreaker in team meetings or gatherings. The questions can also be modified to brainstorm new ideas or solutions within the group. However you decide to implement it, the focus is on deepening relationships and connecting with each other in order to be more effective and collaborative.

## Go deeper with Epoch

If you are interested in deepening your understanding of why this activity and others like it need to become more mainstream, we would recommend exploring our online learning modules.

 For more information, please explore our [online education portal](#) or visit [Tools of the Trade](#) on our [website](#) for this and other free resources.

# Equity Speed “Dating” Activity

**Directions:** This icebreaker can be done virtually or face-to-face. The objective is to build relationships in the group, support vulnerability and establish connections.

**Format:** Each pair will meet for 7 minutes total at which time the timer announces it is time to switch partners and it starts again. Virtually, plan for 3 minutes to bring back to large group and to break out again. Face-to-face, it can be 30 seconds to 1 minute to transition.

## Questions rounds:

1

- How would your best friend describe you?
- What are you most passionate about?
- What do you consider your best attributes?

2

- If you could choose a superpower, what would it be and why?
- If you could invite anyone, dead or alive, to dinner, who would it be?
- Conflict avoidant or conflict ready? Explain.

3

- What time in history would you have liked to be born in and why?
- What is the most adventurous thing you have ever done?
- What would be the title of your biography?

4

- What is your favorite food?
- What challenges you in the equity conversation?
- What makes you laugh?

+ **Additional**

- What book are you reading at the moment?
- If you could live anywhere in the world, where would it be?
- If you were to star in a movie, who would you like as your co-star?
- DIY or call an expert?
- Exploring or lazing on the beach?
- If your friends compared you to an animal, which animal would it be?
- If you could be granted three wishes, what would they be?

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