



TRAINING TO GEAUX

Facilitator Guide: Headwind Tailwind Asymmetry

- **Purpose:** Teambuilding; emotional intelligence training
- **Materials:** Sticky notes in two colors
- **Prep Time:** 5-10 mins (scan QR code below for more info)
- **Activity Duration:** 10-30 mins (depending on version)

Instructions:

1. Give each participant two sticky notes (one of each color)
2. On one color sticky note, instruct participants to write a headwind. This is a challenge or roadblock they are facing.
3. On the other color sticky note, instruct participants to write a tailwind: any benefit that makes their life a little easier.
4. Gather and sort the sticky notes into corresponding piles.
5. Discuss. What do you notice? What are some headwinds that others have that you weren't aware of?
6. *Optional Deeper Dive:* Split participants into pairs. Instruct them to identify a headwind they hadn't known about until today and research ways to be more empathetic to people facing that headwind.

Oftentimes we're so focused on our own headwinds and others' tailwinds that we don't realize the bigger picture. This exercise will build awareness and help foster understanding and empathy.

*Scan for data on
headwinds and tailwinds*

