

Blindfold Guiding Exercise

Building trust requires a degree of vulnerability.

For this team-building exercise, divide the team into pairs and in each one assign the role of blindfolded *walker* and *guide*.

The steps in the exercise are as follows:

1. The *guide* gently places their right hand on the walker's left shoulder and their left hand on the top of the walker's left arm.
2. The guide leads the walker around the room using only spoken instructions (such as, *turn to the right, step to the left, and keep moving forward*) to avoid obstacles.
3. When the pairs appear to move together with ease, ask them to speed up.
4. At regular intervals, ask the blindfolded person where they think they are in the room.
5. They can then take off their blindfold to check their location before swapping blindfold and roles with their partner.
6. Every so often, mix up the pairs within the group.

The exercise can be made more difficult by:

- Speeding up and slowing down when the guide chooses.
- Asking the guide to lead the walker in silence. The walker must walk carefully, relying on intuition and their other senses.

The exercise is an excellent ice-breaker, building trust while practicing communication skills.

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