



Mirror, Mirror

What aspect(s) of the Transformational Model this activity helps illustrate: Entire model, Personal Transformation, Community Transformation, Team Learning

Materials needed: Mirrors for display and, if possible, one small mirror per participant

Minimum number of participants required: N/A

Time needed: at least 10 minutes for dialogue with partners, another 10 minutes for small groups, another 10 minutes for debriefing

Instructions:

1. Distribute mirrors to participants. Say, "On my instruction everyone is to look in the mirror and find one thing that they like about what they see."
2. Now direct them to select a partner and share what they determined they liked.
3. Then say, "On my instruction everyone is to look in the mirror and find one thing they want to improve."
4. Again, encourage sharing with a partner.
5. Then say, "Now turn the mirror onto your community . . . at least figuratively. Tell your partner one thing you like about what you see as you reflect on your community. Then share one thing you want to improve."
6. After partners share, encourage two partners to join with two more and form a group of four. Ask the new groups to share what they heard their partner say about themselves and their communities. Encourage them to repeat the actual words used to describe both as closely as they can and not to embellish.

Debriefing suggestions: Explore whether true dialogue took place or whether the "listening" partner moved to reframing and fixing the problems rather than simply listening.

Also, see if there are patterns to what people like and want to improve.