

Poles

The Johari window model is used to improve an individual's perception of others. The model is based on two ideas: a) Trust can be earned by revealing information about yourself to others and b) personal development increase by mean of learning from others' feedback.



Inclusion And Diversity



Socio Drama



13-30



15 participants



Camera, computer, projector, screen



A camera can be used to photograph each group distribution proposed by the volunteers. Images can be used in the reflection phase.



YOU.TH. Manual for youth workers
- 3.3 Theatre Methodologies
<https://youth-theatre.eu/>



A room with free space to move



75 minutes:
30 min. for carrying out the exercise
30 for discussion
15 for reflection

Implementation:

The Johari window is a framework for giving or receiving information to other within a group. It is a technique that allow the improvement of interpersonal relationships and the increase of group cohesion.

The Johari model uses four quadrants, or window panes, to represent each person. All four window areas display personal information, feelings, motivations and whether this information is known or unknown to oneself or others from four perspectives.

The window is divided into four parts, the columns representing the self and the rows representing the group. The self-column is divided into what I know about myself (and the rest of the group) and what I don't know, and the column is divided into what the group knows about me and what they don't know.

Using this scheme, multiple techniques for giving and receiving information can be implemented.

The steps are as follow:

- The facilitator asks the participants to stand up and spread out around the room, informing them to stand still like poles.
- A volunteer should move people around and distribute them through the room, explaining aloud the reasons and criteria for this distribution.
- Once you have distributed them, you will be included in the group.
- These steps are repeated with different volunteers.
- After the experience, there will be a period of reflection analysing each person's perception of their place in the group.

Tips and notes to the facilitator:

Participants need to know each other, but a high degree of trust within the group is not necessary.
