



## 90 Brain Teasers for Trainers

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The activities and exercises in this collection are designed to broaden perception, and improve learning, thinking and problem-solving skills. Using them is also a valuable way to boost energy levels at the beginning, middle or end of any training session.

The collection will help any group engage all five senses in their learning, and develop creative and lateral thinking, word usage, mental dexterity and cooperative team skills. Most of the activities require no more than a flip chart or OHP to run. And because they need only a few moments preparation, they can be planned into sessions in advance, or simply introduced to fill gaps, or to signal a change of direction, as appropriate.

Trainers, teachers and team leaders will find Brain Teasers for Trainers a rich source of simple, flexible, and easy-to-use exercises, as well as the inspiration for their own variants.

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Introduction; Get Yourself Into Print!. Section 1 - Problem Solving: Letter Progression; Spot the Difference; Heads or Tails; Sprouts; Exercising Your Visual Memory; Thinking as Sequencing; Nine Dots Problem; Force of Habit; The Power of Questions; Paris in the Spring; The Paragraph Puzzler; SWOT Analysis. Section 2 - Number Crunching: Numeric Progression/1; Numeric Progression/2; Maths Magic/1; Maths Magic/2; Maths Magic/3; Number Jumble; Mental Staying Power/1; Mental Staying Power/2; Prestidigitation. Section 3 - Communication Skills: Language and Meaning; Lie Detector Test; Training Course Results; One Way Communication; Self-Assessment Questions; Instant Persuasion; Making Sense of Words; Points of View; Get It Off Your Chest!; How Well Do You Listen?. Section 4 - Personal Development: A Letter to Myself; This Is Me!; Coat of Arms; First Day at Work; Personal Strengths and Weaknesses; Six Questions to Change Your Life; How Assertive Are You?; How Do You Solve Problems?; Prisoner's Dilemma. Section 5 - Team Activities: Guess Who; Right to Strike; The Photocopy Machine; What Changes?; Signs of the Zodiac; Warm-Up Game; Word Bluff; Three Things in Common; Challenge Match; Call in the Consultants; Wanted Poster; Brainstorm Exercise; Pirate Raid; Personal History; Precision Problem Solving. Section 6 - Creative Thinking: Rorschach Inkblot; The Big Win!; Life Metaphors; Mental Tour; Metattention; Visualisation; Goal Visualisation; Personal Performance Rehearsal; Clustering; Caption Competition. Section 7 - Word Power: Doublets; Anagrams; Appended Anagrams; Alphabet Advance; Circle of Thought; Spontaneous Speechmaking; Can You Say It Another Way?; A to Z; Word Creation; Clear Descriptions; Limerick Competition; Word Power; A Funny Thing Happened on the Way to the Training Course ...; Story Creation. Section 8 - Lateral Thinking Puzzles: The Turkish Bath Mystery; Antony and Cleopatra; A Remarkable Journey; The Abyssinian Postal Service; The Hotel Detective; Concorde; World War I; King George IV; The Dream; The Man in the Hotel; Short Roads; The Plane Hijacker; Notes; Appendix.

### About the Author

Graham Roberts-Phelps is a specialist trainer and presenter in sales skills, personal effectiveness and business development. Previously a top-performing sales professional, he now works as Director of the independent training consultancy, 80/20 Training.

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