



Intervention

Making a mood board + discussion

Change Phase

AWARENESS / INTEREST

Description

To create a mood board, people visualize their feelings and thoughts about a change, the positive as well as the negative. Make sure that participants have old magazines, different colours of markers, glue and scissors. They can cut and paste on a big paper to make the board.

Afterwards, go through the images and discuss what they think and feel. It is a great way to create interest and awareness.

If the mood board is made by an existing team, you can use it as a physical and visual reminder.