



## PARTICIPANT'S MANUAL

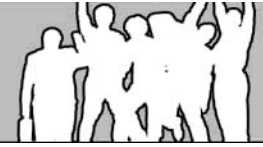
# Create Your Atmosphere

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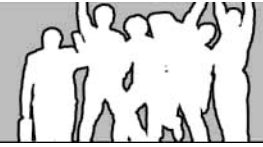
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## Creating Atmosphere... What is it?

When we think about atmosphere, the first that can occur is something about climate: rain, snow, sun, thunderstorm.... And when we think about each of that word we can immediately imagine all picture of that atmosphere.

We really start to feel cold or imagine how we can become wet under rain, or start frightening of storm... Who create this kind of atmosphere? Nobody knows.

And there is one more meaning of the word atmosphere. When we listen the phrase "Atmosphere of the meeting was strained", everyone knows what it means.

When you start to prepare to event (meeting, training, party) you think about different points of preparation – where it will take place, who will participate, how much it will cost, what equipment I need.... And very often we don't think about the major point – atmosphere of that event.

How people will feel themselves? What they will tell about this event? Will they say: "It was boring..." or "It was fruitful atmosphere!"?

Impression that people take from event with them is result of impact of atmosphere that was created. The link is: [atmosphere-feelings-impression](#).

And the main person who can influence on atmosphere is a leader of event – you as a leader. So, knowing resources and technology of creating atmosphere you can manage impression of participants.

### Characteristics of the WOW-Atmosphere

There is a sort of atmosphere during which people feel themselves the best. Not only feel, but they work and communicate with the most motivation and desire.

This kind of atmosphere helps them to feel involvement, energy and pleasure.

This atmosphere as anchor for them, when they remember this event, they immediately start feeling all emotions described earlier. And they say: "It was really WOW!!!"

### Task:

Please, remember event when you were very energetic, motivated, involved and felt pleasure. When atmosphere was really WOW- atmosphere. And write characteristics of this atmosphere here:

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Some more characteristics:

- ✓ Fun
- ✓ Involvement
- ✓ Motivation
- ✓ Interest
- ✓ Goal Oriented
- ✓ "Madness"
- ✓ Energy
- ✓ Internal Power
- ✓ Creativity
- ✓ Unity



Now, when you know what makes atmosphere really WOW, you can create it. By using special resources.

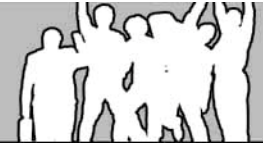
### Resources for creating Atmosphere

There are 3 main groups of resources: internal, external and interpersonal.

**External resources:** everything from environment that help us to make people feel what we want them to feel. Do you remember restaurant? You feel differently in the Chinese and Italian restaurant. Atmosphere that was created in different kinds of restaurant is good example of using external resources.

Examples of external resources are:

- Light
- Sound
- Smell
- Taste
- Touch
- Room setup
- Comfort
- Pictures



You can choose all you need for creating feelings you want participants to feel during your event.

**Interpersonal resources** - are your participants, without them you can not even think about atmosphere. By organizing communication, interaction, activity between them you can use them as resource for your atmosphere.

There is a one rule – make people act as you want them to feel yourself! Ask them to sit closer to each other or stand up, to speak louder or to be quiet and they start to feel themselves differently.

Examples of interpersonal resources are:

Knowledge:

- about subject
- expectations
- background
- about values
- Contribution and reward
- Involvement
- Activity
- Energizers
- Feedback

**Internal resources** – YOU ARE the main internal resource. You attitude, your mood, your level of energy. First of all, before start event, you should feel yourself and if you don't coincide to your plans about atmosphere, you should bring yourself in the feelings you want to be as part of your atmosphere.

**Task:**

Remember yourself, when you were the most energetic, motivated, powerful and happy. Look in your mind at yourself at that moment and try to notice how do you look at that moment? Do you smile? Do you move fast?

Please, write your notes here.

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After that think what can help you to start looking so again. What makes you smile? What can help you to be more energetic?

Maybe you start smiling when you remember your success at job... Maybe when you are listening loud music your energy level start increase... Find at least 3 ways to help you be more WOW! Write them and use every time you need bring yourself in a good condition before event.

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Also, there are some more examples of internal resources:

- Rehearse
- Aware of time
- Appearance/ clothes
- State of mind/mood
- Control of feeling
- Plan what you want
- Body language
- Know your stuff +limitations

**Technology of creating Atmosphere**

The main steps of creating atmosphere are:

The first – **set a goal!** Decide what atmosphere you want to create, what feelings you want your participants to feel during it.

After that **choose the resources.**

After – **feel yourself** and try to understand what condition you are in now – like we did at the beginning of the training. It's very important, because after this step you should **bring yourself in the feeling** of atmosphere you want to create, because you remember that without you nothing could happen. Use your own techniques that help you to do it.

And of course – start to do it!

