



BUILDING YOUR TEAM

A MEETING ICEBREAKER GUIDE

FACILITATOR'S GUIDE

SPEED NETWORKING

Warm Up Big Meetings, Fast

Sixty seconds, a new partner, and a fresh prompt — repeated just enough times to turn a room of 200 strangers into a room that's actually talking.

Building Your Team
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EXECUTIVE SUMMARY

A Fast Way to Warm Up a Very Big Room

The Speed Networking Icebreaker pairs participants to answer a prompt together for 60 seconds, then rotates everyone to a new partner for another round.

The whole activity runs about 10 minutes and is built specifically for scale — it works for groups from 10 people up to 200 or more. This paper walks a facilitator through materials, the full six-step run, ten ready-to-use prompts, and the debrief questions that capture what the room noticed once the rotations stopped.

~10 min

total time for the activity

10–200+

participants the format scales to

4–6

rounds while energy stays high

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Materials and Setup



The activity needs almost no equipment, but it does need room to move.

- **A timer**, or a phone with a loud alarm.
- **A printed prompt list** for the facilitator.
- **Name tags** (optional, if the group is largely unfamiliar with each other).
- **Open floor space**, or two rows of facing chairs.

The format is built to scale — it works for groups from 10 to 200 or more people, and the whole activity, including rotations, typically takes about 10 minutes.

Run the Icebreaker



Six steps take the room from a standing crowd to a fast series of one-on-one conversations.

1 Choose your prompt

Select one light, personal question to open the first round.

2 Set the format and timer

Explain the rules in under one minute; each person gets about 30 seconds to answer.

3 Start the first round

Begin the timer, encourage pairs to dive in, and give a prompt at the 30-second mark.

4 Call the pivot

Signal clearly when it's time to rotate to a new partner.

5 Run four to six rounds

Repeat the pivot as many times as the room's energy supports, swapping in a new prompt each round if you like.

6 Close and transition

Thank the group for participating and bridge directly into the meeting agenda.

Ten Sample Prompts



Rotating prompts keeps each round feeling fresh instead of repetitive.

1. What project excites you right now?
2. Where would you travel on a two-week trip?
3. What career did you want at age ten?
4. Who taught you most about your job?
5. What show are you currently watching?
6. What skill do you want to learn this year?
7. What's your go-to lunch on busy days?
8. What do people misunderstand about your role?
9. Describe the best meeting you attended.
10. What's the best advice you received recently?

Debrief Questions



A short debrief captures the shift in the room before it's forgotten.

- Who did you meet for the first time?
- What surprised you about someone's answer?
- How did room energy change from start to finish?
- Which prompt sparked your best conversation?

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ABOUT



Building Your Team is a division of The Leaders Institute®, the company that pioneered the Build-A-Bike® charity team-building activity in 2005. Building Your Team publishes practical, field-tested team-building activities and facilitation guides for corporate meeting planners, HR leaders, and event professionals.

Want us to facilitate this activity for your group?

Talk with our team about running the Speed Networking Icebreaker, or another meeting icebreaker, for your group.

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