



Group Activity “Identity Diamant”

Objectives: Supporting individuals in exploring, reflecting on and understanding their multiple identities, recognizing the complexity of human identity, promoting respect for others, introducing the topic of diversity, creating a better understanding of how many different identities each of us has.

Procedure: The participants are asked to think of (e.g. 9) nouns that stand for their identities. They should then try to prioritize them. Afterwards everyone comes together in a circle and one after the other is invited to share their feelings / insights / discoveries they made about themselves

Notes: Mention that the participants are in a safe space and that no one will judge them. It may be that some identities are conflicting with each other.

Source: <https://iz.or.at/angebote/diversity-handbuch-fuer-trainerinnen/>

