



STINKY
FISH?

Talk about it with Stinky Fish

The Stinky Fish activity allows members of a team to talk about the things that consume energy and mental space in the form of worries, anxiety, discomfort or even fear.

In a structured format and in a safe environment, participants share these fears and concerns. This generates a general feeling of trust, vulnerability and relief, as they realize similarities between their "stinky fish" and that they are not alone in their problems.

Only by opening up and bringing these causes of worry and concern to the table is it possible to have a discussion about them and ultimately find solutions.

HYPER ISLAND



**Really
Rotten Herring**

Stinky Fish is a metaphor for ...

What-we-carry-but-it's-
Difficult-to-talk-about-and
-the-more-time-we-hide-
the-worse-we-get.



**A Stinky
Fish is
something
that causes**

...

DOUBTS

FEAR

ANXIETY

DISCOMFORT

WORRY



What's your 'Stinky Fish'

When you think of



STINKY
FISH?

STEP #1

INDIVIDUALLY | 3 min

**Each design a
Stinky Fish and
write them down**



STEP #2

10 min - 2 min PER PERSON

Share in groups of 5

- Show your drawing
- Share what you wrote
- Listen attentively



STEP #3

Share your reflections

- How was it?



STINKY
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STINKY
FISH

**Is an exercise of trust
vulnerability**



There's strength in vulnerability.

**But, what truly
is
vulnerability?**

“

**Vulnerability is feeling
uncertainty, risk and
emotional exposure**

**Being human means
being vulnerable.**



BRENÉ BROWN

“

**From vulnerability
comes creativity,
innovation and
transformation**



BRENÉ BROWN



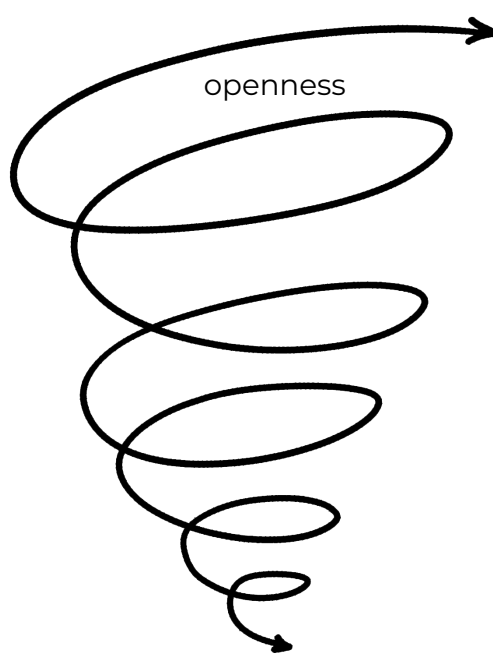
OPENNESS AND TRUST SPIRAL

**By investing in each other we
create an open space.**

More openness means more trust and vice versa. But this virtuous spiral requires courage. Opening up and exposing yourself requires courage, but openness generates trust and so on.

OPENNESS AND TRUST SPIRAL

**DEPTH OF
RELATIONSHIP**

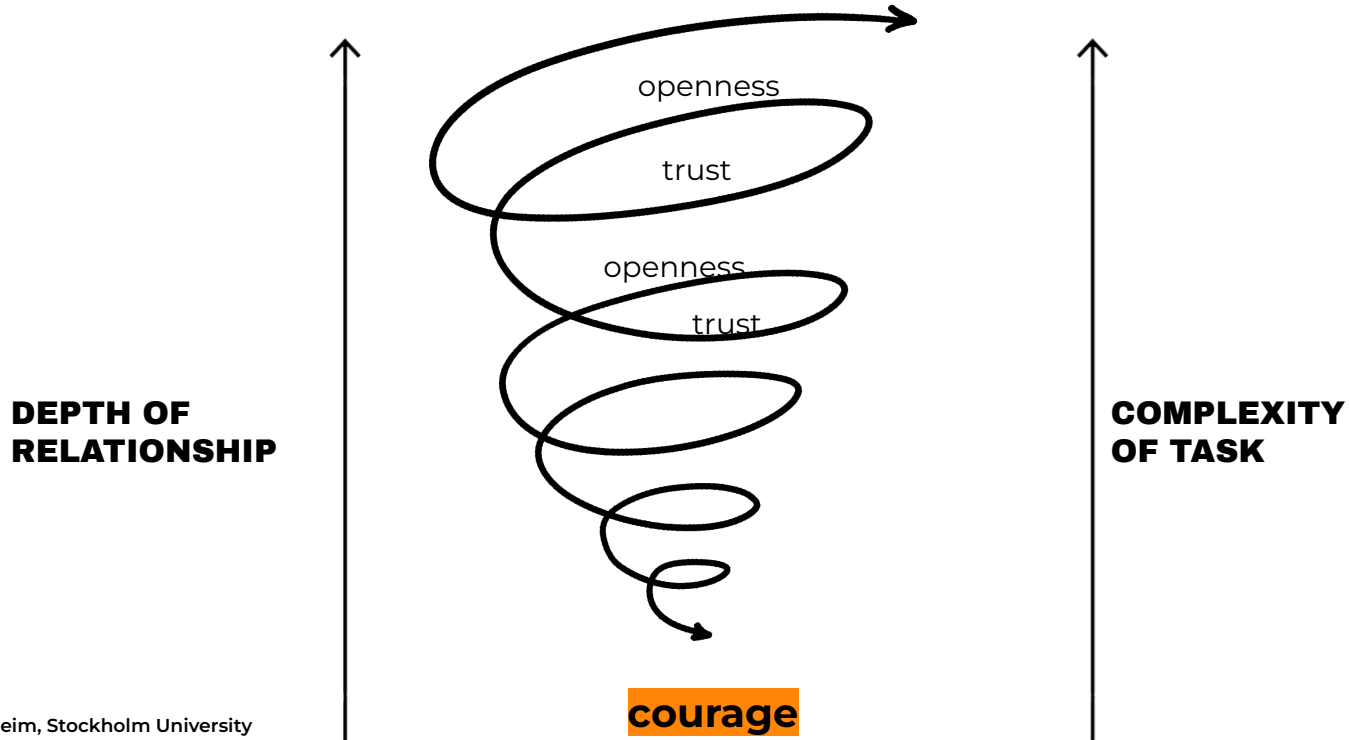


openness

**COMPLEXITY
OF TASK**



OPENNESS AND TRUST SPIRAL



“Courage: the most important of all the virtues because without courage, you can’t practice any other virtue consistently.”

- Maya Angelou

