



Conference Energiser Program

100+ people (1 min)

1. [Copy Claps](#) - brilliant, non-verbal opener to any program or gathering

Props – none

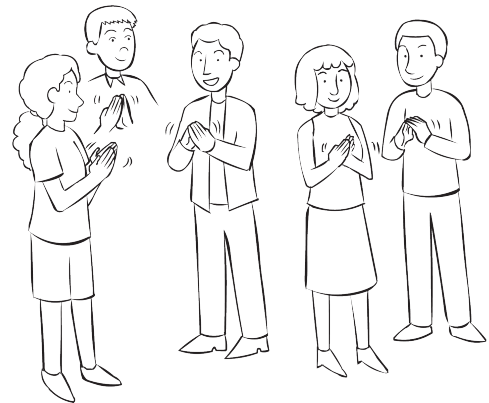
Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. Copy Claps (1 min)

1. In view of a few people around you, initiate one very confident, single clap.
2. In response to your non-verbal urgings, some of these people will clap once too.
3. Next, clap two times, and wait for even more members of your group to follow suit.
4. Continue to present a series of increasingly complex claps, eventually involving all of your group mimicking your actions.
5. End with a continuous series of claps that morph into applause.

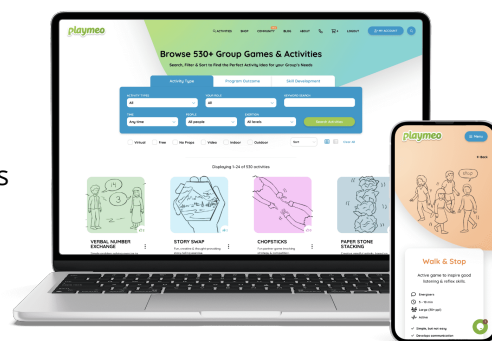


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