IP BEST PRACTICES

Memory Lane

A best practice shared by Henno Janmaat.

Generated on 22 November 2026

Memory Lane

A great format to start a workshop with a team that has been through a lot in the past, giving place to emotions without making it too heavy.

Key steps

Draw a 3–5-year timeline on the floor or on the wall, divided into quarters, as long as possible. Draw a smiley above the line and a crying smiley below it.

Ask people to draw (not write) their most important memory of the last years and put it on the timeline — above when it was a positive memory, below when it was not so positive.

Start in the past and walk down the memory lane, whereby people tell stories chronologically, naturally building a timeline of stories and emotions.

CONTACT

InspiringPeople

ADDRESS

Maliebaan 45

3581 CD Utrecht

The Netherlands

PHONE

+31 84 00 38 999

EMAIL

contact@inspiringpeople.com



“Inspire to engage”