

Team Building



Warm up

- Do you believe that a strong team leader is necessary for a team's success? Why or why not?
- What qualities do you think are essential for effective teamwork in a professional setting?
- In your opinion, what are the biggest challenges teams face when working remotely or in virtual environments?
- Have you ever participated in any team-building activities at work? If so, what was your experience and how effective were the activities?



1. Look at the team-building activities and discuss the following questions.



Icebreaker Games:

Examples include building towers with blocks and Human Knot. Such activities can promote team bonding, creativity, and problem-solving skills.



Volunteer Work:

Participating in community service projects or volunteering together as a team can foster a sense of unity and purpose among team members while making a positive impact on the community.



Team Lunches or Dinners:

Organizing team lunches or dinners, whether in-person or virtual, provides an opportunity for team members to socialize in a relaxed setting and build stronger relationships outside of work tasks.

The Human Knot is a team-building activity where participants stand in a circle and each person grabs the hands of two different people across from them, creating a 'knot' of interconnected arms. The goal is to untangle the knot without letting go of each other's hands, requiring communication, problem-solving, and teamwork.



Corporate Retreats:

Retreats held at luxury resorts or retreat centers offer opportunities for team members to engage in team-building activities, workshops, and recreational activities in a more relaxed and scenic environment.



Culinary Experiences:

Cooking classes, wine tastings, or gourmet dining experiences offer unique opportunities for team members to bond over food and learn new skills in a fun and interactive way.



Adventure-Based Activities:

Activities such as rock climbing, zip-lining, white-water rafting, or ropes courses provide exhilarating experiences that challenge team members to work together, build trust, and overcome fears.

- Which activities from the list would you like to participate in?
- In what ways can problem-solving techniques practised during team-building activities be utilized to address challenges and improve efficiency at work?
- Do you believe that remote or virtual team-building activities can be as effective as in-person ones? Why or why not?
- Considering the examples in the list, do you think more extravagant team-building activities are more effective than simpler ones? Why or why not?
- Do you know of any other team-building activities?





2. Team-building activity: *Two truths and a lie.*

Instructions:

- a. Split into small groups.
- b. Each person takes turns sharing three statements about themselves: two truths and one lie.

Note to student: Be creative with your statements! Share interesting facts about yourself that will engage your group members and spark conversation. Avoid simple statements like 'I like soup' and aim for more unique and intriguing facts.

- c. Group members ask questions to the person sharing their statements to gather more information.
- d. After asking questions, group members guess which statement is the lie.
- e. Discuss and share reasons for your guesses.
- f. Repeat until everyone has had a turn.



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Agreeing and Disagreeing

In team building, effective communication plays a crucial role, especially when it comes to agreeing and disagreeing. The language we use can significantly impact how our messages are received. Sometimes, we may need to express strong agreements or disagreements while remaining respectful of others' perspectives. At other times, we might opt for more tentative responses, indicating that we are not fully committed to our position and may be open to further discussion or exploring alternative viewpoints.



3. Take a look at the phrases below and mark them as *strong* or *tentative*.

Agreeing

- a) I completely agree with your point of view. *strong*
- b) I'm of the same mind on this issue. *tentative*
- c) That's a valid perspective. *tentative*
- d) You make a persuasive argument. *tentative*
- e) I'm on board with what you just said. *strong*

Disagreeing:

- a) I vehemently disagree with what you suggested. *strong*
- b) I'm inclined to disagree. *tentative*
- c) I have some reservations. *tentative*
- d) I firmly believe that we should explore alternative options. *strong*
- e) I'm compelled to take a different stance on this issue. *strong*



4. Team-building activity: *Lost at Sea*

You and three friends set out on a special holiday adventure across the Atlantic Ocean, renting a yacht for the journey. To ensure safety, you hired an experienced captain and two crew members. However, during a calm part of the journey, a fire breaks out in the ship's kitchen. Despite brave efforts, the captain and crew are lost while trying to put out the fire. Now stranded at sea, the yacht is slowly being destroyed by the fire, and essential equipment like navigation and communication tools are damaged. You're unsure of your exact location but believe you're hundreds of miles from land. You have a four-person life raft and a box of matches salvaged from the wreckage. Your task is to prioritize 15 items salvaged from the yacht for survival while waiting for rescue.



- Individually, take 10 minutes to rank the items in the Step 1 column, keeping in mind that number 1 represents the most important item.
- Collaborate with your team to create a joint ranking.
- Your teacher will provide the expert US Coastguard ranking for comparison.
- At the end note the difference between your ranking and the Coastguard's for each item. Total these differences to determine your score. Disregard plus or minus differences. The lower the total, the better your score.

Items	Step 1: Your individual ranking	Step 2: Your team ranking	Step 3: Coast Guard ranking	Step 4: Difference between steps 1 & 3	Step 5: Difference between steps 2 & 3
A sextant					
A shaving mirror					
A quantity of mosquito netting					
A 25-litre container of water					
A case of army rations					
Maps of the Atlantic Ocean					
A floating seat cushion					
A 10-litre can of oil/ petrol mixture					
A small transistor radio					
20 square feet of opaque plastic sheeting					
A can of shark repellent					
One bottle of 160-proof rum					
15 feet of nylon rope					
2 boxes of chocolate					
An ocean fishing kit and pole					
			Totals	Your score	Team score

- Were there differences between your individual and team scores in the end? If yes, what factors influenced these differences?
- Do you have good survival skills?

Items	Coast Guard ranking	Reasoning
A sextant	15	Useless without the relevant tables and a chronometer.
A shaving mirror	1	Of all the items, the mirror is absolutely critical. It is the most powerful tool you have for communicating your presence. In sunlight, a simple mirror can generate five to seven million candlepower of light. The reflected sunbeam can even see beyond the horizon.
A quantity of mosquito netting	14	There are NO mosquitoes in the middle of the Atlantic Ocean and the netting is useless for anything else.
A 25-litre container of water	3	Vital to restore fluids lost through perspiration. 25 litres will supply water rations for your group for several days.
A case of army rations	4	This is your basic food intake.
Maps of the Atlantic Ocean	13	Worthless without navigation equipment.
A floating seat cushion	9	Useful as a life preserver if someone fell overboard.
A 10-litre can of oil/petrol mixture	2	The second most critical item for signalling. The mixture will float on water and can be ignited using the matches.
A small transistor radio	12	You would be out of range of any radio station.
20 square feet of opaque plastic sheeting	5	Can be used to collect rainwater and shelter from the wind and waves.
A can of shark repellent	10	To repel sharks, of course!
One bottle of 160-proof rum	11	Contains 80% alcohol, which means it can be used as an antiseptic for any injuries, otherwise of little value. Very dangerous if drunk, as it would cause the body to dehydrate, the opposite of what you need to survive.
15 feet of nylon rope	8	Could be used to lash people or equipment together to prevent being washed overboard. There are a variety of other uses, but non high on the list for survival.
2 boxes of chocolate	6	Your reserve food supply.
An ocean fishing kit and pole	7	Ranked lower than the chocolate as there is no guarantee you will catch any fish. The pole might be used as a tent.

Scores

00-25	Excellent	You demonstrated great survival skills Rescued!
26-32	Good	Above average results. Good survival skills. Rescued!
33-45	Average	Seasick, hungry and tired. Rescued!
46-55	Fair	Dehydrated and barely alive. It was tough, but rescued!
56-70	Poor	Rescued, but only just in time!
71+	Very poor	Oh dear, your empty raft is washed up on a beach, weeks after the search was called off.