Team Building

What is Team Building?
• The process of facilitating cohesion among a group
• Team building is a way to get others to feel comfortable with those that they will work closely with
• It can bring similarities and differences to the table and allow everyone to connect with these
• Building a strong team brings a united front and everyone is driven to work towards the same common goal

How to use team building?
• Use team building activities or techniques to form a cohesive group
• Several activities can be done to open the lines of communication between people
• Use discussion to allow everyone to share opinions and ideas
  o Not only does this build trust, but it makes everyone feel as thought they are a member of a team
• Use this as ways to improve verbal and non-verbal communication
• Try activities that connect your group physically, cognitively, emotionally, spiritually, and socially.
• Teams will have ups and downs and use team building as way to strengthen the ups and learn from the downs

What should I never do when team building?
• Avoid singling out people
• Do not force anyone to be apart of the team until they are ready
• Do not let cliques form
• Avoid taking over and not allowing your team to work on all tasks
• Avoid hierarchy in a team
• Don’t ask people to share if you are not willing to share yourself