

LEADER TIPS

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

Now how is team building used?

- Team Building is used to build trust among people in a group
- Recognize that teams are stronger when people bring diverse skills, experiences and viewpoints. A team of the same people would limit a group of from it's potential.
- Used to create respect, comfort, communication, and collaboration among a group of people working toward a common goal
- Get know those you work with as people, not just as friends, coworkers, classmates, etc.
 - People are more than what you know them from
- Discuss values and goals early
 - Everyone should have a say in this to make them feel valued

How do I 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
 - Not only does this build trust, but it makes everyone feel as though 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 to 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