



PRESENTS

LUNCH & LEARN

2024 MAKE IT HAPPEN SERIES

TEAMBUILDING WHERE PEOPLE ARE

Thriving in the modern workplace requires that you unlock the power of connection, collaboration, and camaraderie so you can harness your team's full potential.

WHAT IS A TEAM?

a group of individuals who come together to work toward a common goal or objective



WHY TEAMBUILD?



Improve Skills



Increase Innovation and Creativity



Enhance Communication



Reduce Conflict and Tension



Share Experiences



Increase Motivation

WAYS TO PURPOSEFULLY MANAGE TEAM SUCCESSES

Keep It Real

Communication and Collaboration Depend on Each Other

Mistakes and Obstacles are Learning Opportunities

Recognition of Individuals and the Team

Reflection and Feedback Loops are Critical

TEAMBUILDING ACTIVITIES

STORYTIME

No props needed, 5-15 people, 5-10 mins.

Objective

Participants improvise a story on a random topic without following a defined structure.

Instructions

Ask everyone to sit around in a circle (or can do virtually). The facilitator introduces the activity by giving the group individual responsibilities (contributing a line) and a common goal (completing a story). The facilitator starts the story with the first line(s). For example: "In a land far, far away...". The facilitator then asks the next person to continue the story. This person continues the story until the organizer invites the next person. The sequence continues until everyone in the group has contributed to the story.

HELIUM STICK/HOOP

1 tent pole or hula hoop, 6-10 people, 15-20 mins.

Objective

As a group, lower the stick/hoop to the ground without a single person on the team losing contact with the stick/hoop.

Instructions

Line up team in two rows facing each other (or in a circle if using a hula hoop). Introduce the Helium Stick/Hoop. Ask participants to point their index fingers and hold their arms out. Lay the Helium Stick/Hoop down on their fingers. Before you let go, get the group to adjust their finger heights until the Helium Stick/Hoop is horizontal and everyone's index fingers are touching the stick. Explain that the challenge is to lower the Helium Stick/Hoop to the ground.

The catch: Each person's fingers must be in contact with the Helium Stick/Hoop at all times. Pinching or grabbing the stick/hoop is not allowed—it must rest on top of fingers.

After completing one or both of the activities, lead your team in a brief reflection. Suggested questions:

What was easy or challenging about this activity?

How did the team work together?

What individual responsibilities were necessary to achieve the common goal?



Want to learn more or chat about how we can help you #makeadifference?

Contact us at Rusty@CustomED.org or visit ThePeaksCenter.org

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