

Team Building

The following games are accomplished in a relaxed and safe environment so as to promote team building by allowing employees to better understand their coworkers, as well as coworker’s desires, frustrations, and values. In addition, these exercises encourage mentoring, develop leadership abilities, increase self-confidence, improve motivation, and promote positive attitudes among team members.

My Team View

Number of People	Approximate Time	Items Required
Unlimited number	30 minutes	Large Sheet of paper for each person Magic marker for each person

This exercise allows you to divide groups into teams and when you divide groups into teams it can be helpful for team members to see how the team members view the team. In addition, it allows team members to see what is working and what is not working within the team and helps them to consider what adjustments might need to be made.

1. Have each team member draw a picture or series of pictures that represents his or her view of the team. Allow five minutes for this task.
2. Have team members come together and allow them twenty to twenty-five minutes to discuss what they see in each person’s drawing and how each person can contribute to improving the team.