

TEAM BUILDING AND COLLABORATION ACTIVITIES

Team building and collaboration activities are designed to foster stronger relationships, improve communication, and enhance cooperation among team members. These activities promote trust, boost morale, and improve overall team performance. Here are some examples of team building and collaboration activities:

1. **Icebreaker Games:** Start team meetings or workshops with icebreaker activities to help team members get to know each other better. Examples include Two Truths and a Lie, Human Bingo, or the Desert Island Scenario.

2. **Trust-Building Activities:** Engage in activities that focus on building trust among team members. This can include blindfolded trust walks, trust falls, or the Trust Circle exercise, where team members support each other while standing in a circle.

3. **Problem-Solving Challenges:** Present the team with problem-solving challenges or puzzles that require collaboration and critical thinking. Encourage team members to work together to find creative solutions. Examples include Escape Rooms, scavenger hunts, or building structures with limited resources.

4. **Team-Building Workshops:** Conduct team-building workshops facilitated by professionals. These workshops can include activities and discussions focused on improving communication, conflict resolution, and teamwork skills.

5. **Outdoor Team-Building Activities:** Organize outdoor activities like ropes courses, hiking, or team sports. These activities encourage collaboration, communication, and teamwork in a relaxed and enjoyable setting.



6. **Team-Building Games:** Play interactive team-building games that encourage cooperation and problem-solving. Examples include the Marshmallow Challenge, Tower of Cups, or Minefield, where blindfolded team members rely on verbal communication to navigate through a "minefield" of objects.

7. **Collaborative Projects:** Assign team members to work on a collaborative project or task that requires collective effort and coordination. This could involve planning an event, organizing a charity drive, or developing a presentation as a team.

8. **Personality or Strengths Assessments:** Use personality assessments like Myers-Briggs Type Indicator (MBTI) or strengths assessments like Clifton Strengths to help team members understand each other's working styles and

strengths. Discuss the results as a team and explore ways to leverage individual strengths for effective collaboration.

9. **Lunch or Social Gatherings:** Organize informal team lunches, potluck events, or social gatherings outside of work. These casual settings provide opportunities for team members to connect on a personal level and strengthen relationships.

10. **Virtual Team-Building Activities:** For remote teams or distributed workplaces, incorporate virtual team-building activities. This can include online trivia games, virtual escape rooms, or video conference icebreaker activities.

Remember to choose activities that align with your team's interests, goals, and working styles. Tailor the activities to accommodate different personalities and ensure inclusivity. The ultimate goal is to create an engaging and supportive environment where team members can collaborate effectively and build strong relationships.



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