

BUILDING RELATIONSHIPS – COLLABORATION TEAM EXERCISE



- large sheets of paper
- writing paper
- pens
- markers

In this exercise, participants are broken up into groups of 3-5 people and instructed to share with their group their individual strengths and the positive attributes they feel would lend to the success of their group. They are to write these strengths and attributes down on a piece of paper. After their group discussion, each team will be given one large sheet of paper, writing paper, markers, and a pen. The groups should then be instructed to make the “ultimate team member” by combining each team member’s strengths and positive attributes into one imaginary person. This “person” should also receive a name, have a picture drawn of them, and have their different attributes labelled. The group should also write a story about this person, highlighting all of the things their imaginary person can do with all of their amazing characteristics. At the end of the exercise, each group should read their story.

This exercise will help coworkers understand each members strengths and areas for development and create a working plan that emphasizes each member’s strengths. It will also help team members understand that they are capable of having more strengths and positive attributes by building relationships and working as a team, than they would have working solo.