

Team Building: Enhance Relationship Among Team Members

Do you want a different experience in team building?

Would you like to try how to create team spirit with various activities?

Introduction

For most of us, teamwork is a part of everyday life. Whether it's at home, in the community, or at work, we are often expected to be a functional part of a performing team. Having a strong team will benefit any organisation and will lead to more successes than not. Team and group dynamics are influenced by many factors, such as the larger context in which the team operates, the organisation, the team identity itself, and the mix of individuals within the team. Within this mix of influences are the individual team members who likely have specific kinds of work to perform and specific roles on the team. Individual members influence the team dynamics as well, so much so that when the composition of the team changes, the team dynamics will change. An important note, team members are individuals first, and they each bring different talents, perspectives, values, and experiences to the work of the team. The more self-awareness each team member has, the more actively he or she can contribute. The more each team member knows about the other team members, the better she or he can tap into the talents and experiences of others for better team performance. This essentially involves the key aspects of relationships and communication. Individuals of different personality types are unique in the ways they build relationships and deal with conflict. When we try to forge better relationships, we can easily do something that undermines the relationship instead of improving it if we don't take these differences into account. Personality differences show up in how we tend to communicate as well as how we like to be communicated with. Amazingly, teams often start right off doing the work rather than clarifying what the work is. They assume others see the assignments in the same ways they do. Much conflict and waste of time and resources could be avoided if teams spent a little bit of time to be sure they all share the same view of what they are to be doing and what the outcomes will look like.

Program Objectives

This program aims to:

- Infuse the sense of belonging
- Work together without hierarchy
- Create trust with each other
- Enhance interpersonal communication
- Create an enjoyable environment

Learning Outcomes

After completing this training, participants shall be able to

- Enhance relationship among team members
- Increase trust among team members
- Increase productivity in the organisation

Who should attend?

All members of the organisation

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	Team Formation In this module, the participants would undergo the ice-breaker, the ground rules during the training session, the team formation and the preparation for team building activity.
10.30am-11.00am	Break and Networking
11.00am-1.00pm	Team Building Activity 1: Pastry Team Building This module aims to help participants to discover a hidden talent, the perception and creativity and sense of belonging towards the team and the organisation.
1.00pm-2.00pm	Lunch Break and Networking
2.00pm-3.30pm	Team Building Activity 2: Culinary Team Building This module helps to brush up the participants' negotiation skills, managing team dynamics, managing resources and creating an enjoyable environment.
3.30pm-4.00pm	Break and Networking
4.00pm-5.00pm	Team Building Activity 3: Crossing the Acid River This module evaluates the participants if the strategies the team in getting the tasks done. In addition, this module also evaluates and brushes up the participants' skills and knowledge on problem-solving at the workplace and team level.

