



Michael Lewis Training, Motivation and Development

Our Team Building Package

www.michaellewisstraining.ca

info@michaellewisstraining.com



Together...We're Better!

Team Building is designed to bring people together, build a greater sense of connection, create conversations around key areas of mutual interest, build communication skills and provide a fun place and time for collaborative problem solving and integrated team competition.

Either with partners, in round table and group exercises, team building connects people to purpose without preaching and involves everyone in seeing the power of coming together, to communicate together and to collaborate.

How We Design the Perfect Team Building Event for Your Team

We create team building events around your teams needs and wants.

We start by simply asking a few questions.

Why team building and why now?

What do you hope your team will learn or discover through team building?

How small or large is your team?

How much time do you have?

How much space do you have?

Why team building and why now?

Sometimes you have a very specific need or needs for team building and we need to know what they are so we can suggest the right mix of activities to make the experience accomplish YOUR goals. In some cases, organizations see team building as a reward or an opportunity to bring people together as a motivational and uplifting experience. Let us know why you're considering team building and why now.

What do you hope your team will learn or discover through team building?

Whether you only have 45 minutes or are planning a full day of team building, it's important that you share with us what you hope that your team (individually and as a whole) will learn, discover, and gain from the experience.

How small or large is your team?

We've done team building for very small groups in small rooms as well as large groups of 200 or more in conference halls. We need to know how many (or few) people would be taking part in team building so we can suggest the best activities.

How much time do you have?

We can deliver short team building programs that are generally 45 minutes all the way up to a full day. We have found that a popular option if you have a larger team but limited space or scheduling challenges, is to run a number of team building sessions over the course of a day. Short sessions often have two or three small team building activities and longer sessions have a full range of activities.

How much space do you have?

We can deliver team building sessions in smaller spaces if room is a problem but for the more dynamic and fuller group activities, we prefer a larger space. The more room, the more we can offer and the more interesting and engaging the activities can be.

The “Collaboratory” Approach - Your MENU of group team building exercises

Our “collaboratory” provides you a menu of partner, table, and group activities to consider as you plan your team building event.

Just like a restaurant buffet, you can select what you want and as much as you want.

When you have made your selections, we can then discuss the time frames and delivery logistics.

Partner Based Activities

These are activities that require your team to partner up.

In some cases, we ask them to switch partners as the activity progresses.



“Brain Teasers”

We have a vast selection of “brain teasers” – from challenging to plain weird. Brain teasers make a great icebreaker, and we almost always recommend that you consider starting every team building session with these.

Objective: To get your team thinking and collaborating at the beginning of a team building event as well as for people to get to know each other and how they think.

Length of time to complete - 15 – 20 minutes

Min size of group – 6 - 8

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit close so they can collaborate and solve / discuss solutions. Materials are included but they will need pens for writing.



“My Typical Day”

A perfect partner exercise if you want your team members to discover other members and maybe learn to see with empathy the complex lives and the challenges, we all face.

Partners interview and discuss what a typical day is from their perspective by exploring current challenges and rewards.

Objective: Learning that we are not that different or discovering that we have similar or different challenges in our careers.

Length of time to complete - 10 -15 minutes

Min size of group – 6 - 8

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit close so they can collaborate and solve / discuss solutions. Materials are included but they will need pens for writing.



“Get to Know Me”

This activity is about having people as partners having a short conversation on a group of predetermined topics.

Objective: This exercise is about your people getting to know each other as people rather than as co-workers. They have an opportunity to share their thoughts around a selection of topics.

Length of time to complete - 10 minutes

Min size of group – 6 - 8

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit close so they can chat. No materials required.



“Never Have I Ever”

Another fun icebreaker style piece based on the popular game.

Objective: A fun way to learn about the people you work with everyday and maybe be surprised by their answers.

Length of time to complete - 10 minutes

Min size of group – 6 - 8

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit close so they can chat. No materials required.



“Similarities and Differences”

In this activity, everyone is challenged to get up, move around the room and meet (8 -12 people) and to interview them for the purpose of finding something they have in common (similarities) and something that they don't (different). Besides being loads of fun, they learn new things about each other and sometimes it starts new friendships that last long after the team building is over.

Objective: Discovering your co-workers, breaking down barriers and building appreciation of what makes us the same and different.

Length of time to complete - 15 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit close so they can collaborate and solve / discuss solutions. Materials are included but they will need pens for writing.



“Listen Up”

In this partner activity, listening without judgment or bias is key. Partners are supplied with a list of possible discussion topics in which the first partner selects. They then have two minutes without interruption as the other partner listens. Then the other partner must recap what they heard accurately and without expressing a counter opinion. Then, the partners switch roles.

Objective: To improve listening skills and to learn to listen without judgment.

Length of time to complete – 15 - 20 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – partners need to be able to sit or stand closely so they can listen to each other.



“You Are Amazing!”

Do you or did you ever think someone was amazing ...but never said so?

This exercise explores and celebrates the amazing people of our lives and especially within our teams.

After we discuss how people make huge differences in our lives, we reach out to the group to ask if anyone has been so touched and influenced by an amazing co-worker or mentor. They then speak briefly about the person, who may or may not be present.

This is a FEEL GOOD activity so be prepared for some emotions to show!!!

Objective: Provides an opportunity for team members to get up and highlight what makes another team member amazing!

Length of time to complete – 10 - 20 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients needs to provide – No Materials Required

Table “Talks” / Small Group Activities



“Kind Words and Thoughts”

This activity teaches us that kindness still counts and that in team environments, we should never be too busy or preoccupied to not express our gratitude or kind words to others. Furthermore, everyone has an opportunity to anonymously express to the group how they feel when they are the recipient of kind actions or expressed thoughts.

Length of time to complete - 15 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – Everyone is provided index cards with the objective of anonymously sharing the “kindest, nicest thing or experience” they’ve had happened or said to them since they became part of the team or organization. Materials are included but they will need pens for writing.



“Can You Think Like a Four-Year Old?”

Four quick questions. Questions that are faced by a four-year old.
But how sharp are your team members?

Objective: Thinking differently and from an unfamiliar perspective.

Length of time to complete – 5 -7 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – This fun icebreaker proves if your team can think simply like a child or if they tend to overthink things. No materials required.



“Stone Soup”

Based on the story of the stranger who encounters the fears of a town he visits, he stops to make “stone soup” and in doing so breaks down fears and through the small contributions of the townsfolk, makes a delicious soup...that he will share with all.

Everyone is asked to write down on a card provided, something that they uniquely bring to the team or in what way they feel they can and have contributed their best.

Objective: This exercise teaches that everyone and I mean everyone can contribute to making any team better.

Length of time to complete – 15 - 20 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide – A large room. Materials supplied.



“Vantage Point”

One of the most powerful group activities we offer. Everyone is put into groups of three. Each person assumes a role. The most usual configuration sees one person presenting a problem, the second person playing the role of addressing the problem and the third person playing the role as an observer who is there to review and point out how the second person did and provide insights.

Objective: Learning the benefits and the power of having an objective opinion or person. Discovering that we can be too close to a problem to be objective, but it is useful to involve others.

Length of time to complete - 15 minutes

Min size of group – 9

Max size of group - Unlimited

Space requirements – Larger the group, the more space required.

Clients needs to provide – No Materials Required



“The Knowledge of One VS. The Wisdom of All”

This group exercise demonstrates with great clarity that although individually we bring a lifetime of knowledge and experience to every problem or challenge, we are so much wiser when we reach out to others, pose a question, and gather their insights and solutions. This exercise teaches both the employee and leader alike, that when we are faced with a challenge the consensus of opinions is a powerful and useful resource. Every participant composes a question or challenge they are facing and / or would like to access the ideas and solutions of their team.

Objective: To unveil the power and potential of collaborative problem solving in a group setting.

Length of time to complete - 15 – 20 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide –People need to sit around tables. Materials are included but they will need pens for writing.



“Crowdthinking!”

This team building exercise has a mission to prove to the individual that a group is collectively smarter and wiser than any single member and that through collaborative problem solving and analysis, we can learn to come together around ANY problem of challenge and find greater success.

Objective: Collaboration meets synergy and people discover the power of group thinking.

Length of time to complete - 15 – 20 minutes

Min size of group – 12

Max size of group - Unlimited

Space requirements – N/A

Clients need to provide –People need to sit around tables. Materials are included but they will need pens for writing.

Full Group Activities



“10,000 Used Washing Machines”

Objective: Through collaboration, teams use imagination and creativity to develop an idea.

Teams are given a **unique challenge** and a limited amount of time to come together and work together to create something new, unique, and marketable. We discover that everyone can add something to the project and that all can take pride and pleasure in its success.

NOTES: Works best with groups of 15 or more. Designed to get minds working creatively.

Length of time to complete - 45 minutes

Min size of group – 15 (teams of 5 – 8 or more depending in total group size)

Max size of group – 60 - 80

Space requirements – Multiple rooms (own team per room)

Clients need to provide – Space. This is a competitive team building activity and your people need space to create and prepare.



“Won't Be Puzzled”

This activity is one that is completed in TOTAL silence, and it requires each team to assemble a puzzle but there is a twist. It will require teamwork and cross collaboration.

Objective: Using hand signals and other forms of communication, teams compete to complete their puzzles first but learn firsthand how to connect on a different level.

Length of time to complete - 20 minutes

Min size of group – 6 -8 (teams of 3 or 5)

Max size of group – 30

Space requirements – Large room

Clients needs to provide – Four tables set-up with chair for each team member



“Five Rooms, Five Teams, Five Questions” - (Rotational exercise)

This team building exercise requires the submission in advance of five organizational questions. The questions are “stationed” – one per room. Five equal sized teams of participants are created with an emphasis on creating teams with a mix of diverse talents and experience. Each team enters a room and is allotted only 10 - 15 minutes to read the room question and “brainstorm” and record solutions. At the end of time allotted, they are to move to the next room and repeat the process until they have all visited all five rooms. Then the full group returns to discuss and analyze the findings.

NOTES:

Works best if a business or organization submits five questions in advance. Alternatively, the group submits questions at the beginning of the exercise and a selection committee chooses five questions to use.

Objective: Collaboration and team chemistry come together in a competitive environment.

Length of time to complete - 45 minutes

Min size of group – 30 (five teams of 6 or more depending in total group size)

Max size of group – 60 - 80

Space requirements – Multiple rooms (own team per room) plus main room

Clients need to provide – Six rooms. One main room large enough for all and five smaller rooms for the rotation.



“The Marshmallow Tower Challenge”

Objective: Small teams have to work together to complete a very challenging task.

Everyone is broken into smaller teams. They work in separate rooms or spaces to build a tower with specific materials provided. The goal is work and communicate together to succeed as a team by building the tallest free-standing tower in a limited timeframe.

Length of time to complete - 45 minutes

Min size of group – 15 (teams of 5 – 8 or more depending in total group size)

Max size of group – 60 - 80

Space requirements – Multiple rooms (own team per room)

Clients need to provide – Space. This is a competitive team building activity and your people need space to create and prepare. Each team needs a table to build on and chairs to sit on. All materials provided.



“Collaborative Decision Making”

More is more when a group of people collaborate around making an important decision or choice and the power of this exercise becomes apparent when people through interactive discussion and decision mapping, they weigh the pros and cons of a decision. From decision to implementation, everyone discovers that many minds and hearts will conjure better outcomes and a decision or set of decisions that will result in less risk and more rewards.

Objective: Instructs groups and organizations that collaboration mitigates risk and ensures a more thoughtful decision.

Length of time to complete - 30 minutes

Min size of group – 15 (teams of 5 – 6 or more depending in total group size)

Max size of group – 30

Space requirements – One large room. Teams seated at tables of 5 – 6.

Clients need to provide – All materials provided.

Michael Lewis Training, Motivation and Development

www.michaellewisstraining.ca

info@michaellewisstraining.com

