Sample Team Building Program
團隊建設方案（示例）

MEDIUM : English / Cantonese   **COURSE CODE :** TB

Since teams by necessity involve people with different background and talents, effective team work involves a variety of management, facilitation and communications skills.

The purpose of this program is to explore some key elements needed in good team building, and to provide participants with the skills required to both lead and contribute to good team work. Skills learnt in this program will help participants build their own teams at the workplace.

Methodology

The program consists of a day of fun-filled experiential activities, in which participants learn by participating in a number of *games, discussions and group exercises*. While details of each activity vary, a typical activity comprises the following sequence of events:

1. Introduction of the activities' goals and ground rules
2. The *activity* itself
3. Debriefing *discussion*, where the facilitator/instructor will help the group learn from the experience of the activity

What participants will learn

At the completion of this workshop, participants will be able to:

• Recognize the importance of team work and team spirit
• Communicate effectively and openly
• Recognize one's enormous potential
• Work harmoniously with each other

Course Outline

1. Introduction
• program kick off
• explain purpose of day
• introduce facilitator

2. Netballs
• *Icebreaking exercise*,
• teamwork, networking and strategy
• challenging status quo

3. Marble transport
• teamwork, strategies
• communication
• team spirit

4. Mass Movement
• responsibility as leaders
• open and clear communication
• Elements of motivation

5. Defying gravity
• Dealing with change
• Thinking out of the box

6. Toxic waste transport
• Cooperation, coordination
• Role and challenges of a leader
• Role and challenges of a follower
• Commitment and sense of belonging

7. Solomon's Puzzle
• Team problem solving
• Open communication
• Value and need of individual contribution

8. Crossing the Yangtze
• Collaboration and communication within and between team