Team Exercise 1: Team Trust Building Exercise

The objective of this exercise is to start the team building process by getting to know each other. The exercise requires face-to-face interaction and must not be done via phone, email or chat. A member who fails to attend will get an F team exercise 1.¹

Exercise Methods:

Since the exercise is about getting to know each other, and anticipating group strengths and weaknesses, you should start with an icebreaker activity to gain some information about each other. There are several icebreakers available on the web. After the icebreaker, discuss each individual’s goals and aspirations for the course. Divergent goals can sometimes be a source of friction in groups.

Finally, spend significant time anticipating what might go wrong with this group this semester and think about devices the group might adopt to minimize the troubles.

Exercise Output: Your group will turn in a brief report that anticipates the group’s likely strengths and weaknesses for the coming semester. The report should discuss each of the following issues

- How did you get to know each other?
- What mix of personality types does your group have? (Your Jungian personality profiles will be useful for this.)
- What did you find out that will contribute toward team success this semester?
- What did you find out that will make success difficult this semester?
- In what ways are individual goals in the group similar? In what way are individual goals different?

¹ This exercise will be graded on a group basis, but if one team member fails to attend the face-to-face meeting he/she will get an F and everyone else will get the team grade for the project.