Team Exercise 1: Building Trust and Confidence

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

Here are some tools you can use for this exercise:

  Icebreakers (you can find several on the web)
  
  Team Building Exercises (you can locate many fun exercises on the web)
  
  Share formative experiences -- Ask people what are one or two defining experiences that tell us who they are, what values they hold and what is important to them in life.
  
  Ask people what goals they have and what is their aspiration for this course?

Your team is to submit a written report on this exercise, signed by all members of your team, covering the following: (Note: This exercise is to be submitted in one report, along with Exercise 2 on Behavioral Rules) The due date is noted in your calendar.

1. What exercise did you do to get to know each other?
2. What interesting things have you learned about each other?
3. Do you understand how team member's personal experiences have shaped who he or she is and how they react to different situations?
4. On what dimensions (values, work ethics, goals, etc.) is your team similar? Where do you see diversity in your team?
5. What strengths does the team possess collectively? What weaknesses does it have?