



★ Insight Team Building Exercises ★

Overview

The *Insight Team Building Exercises* are 12 structured team building activities that help teams continuously improve communications and productivity.

The 1-hour exercises provide uncomplicated discussion activities and skill-building exercises that team members work through together to open dialogue and develop important team competencies.

The team building exercises can be used in any order. Depending on their needs, teams can:

- work through all the exercises as a complete developmental program
- group the exercises by similar topics for targeting certain needs
- complete individual exercises to improve specific skills

The Exercises

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| <p>Investing in Teamwork The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams identify the benefits of teamwork • agree on desirable characteristics they want to develop • commit to improving their functioning. | <p>Establishing Our Team Rules The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams agree on rules and procedures that will improve their effectiveness • establish processes for updating these procedures |
| <p>Identifying Our Values & Vision The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help team members clarify their individual values • agree on shared team values • develop a vision of what they aspire to become as a team | <p>Clarifying Our Team Roles The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams clarify and agree on each members' roles to avoid duplication of effort gaps in coverage or wasted time |
| <p>Defining Our Team's Mission The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams clarify their primary purpose • review and update their mission statements • define ways to support the team's mission | <p>Solving Problems Together The objective of this particular module is to:</p> <ul style="list-style-type: none"> • give teams a process for stating problems in positive terms • uncovering the causes of these problems • generating workable solutions to the issues |
| <p>Setting Our Team Goals The objective of this particular module is to:</p> <ul style="list-style-type: none"> • guide teams through a process for setting both team and individual goals • create a system for tracking their goals • create a system for revising and updating their goals | <p>Enhancing Our Team Creativity The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams remove obstacles to creativity • use brainstorming techniques effectively • respond positively to each other's ideas |
| <p>Taking Action On Our Goals The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams break goals down into practical action plans using small achievable steps directly linked to each members' daily 'to-do' list. | <p>Making Team Decisions The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams identify the strengths of each other's decision-making styles • implement a procedure for evaluating decisions |
| <p>Building On Our Personality Strengths The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help team members identify their personality strengths and to discover ways to use their differences to build a more productive team. | <p>Improving Our Team Meetings The objective of this particular module is to:</p> <ul style="list-style-type: none"> • help teams evaluate their meetings • learn the characteristics of effective meetings • develop ways to make future meetings more productive |

Target Audience

The *Insight Team Building Exercises* are aimed at teams of any level.

Information and Bookings

Please phone Plum Results on 02 6495 2656 or email admin@plumresults.com.au to request more information or book an in-house course.