



CS14

Budget-Friendly Team Building: Igniting Relationships, Collaboration, and Positive Energy



86TH ANNUAL CONFERENCE

SEPTEMBER
23-25, 2024
PORTLAND, OR

86th
ANNUAL CONFERENCE

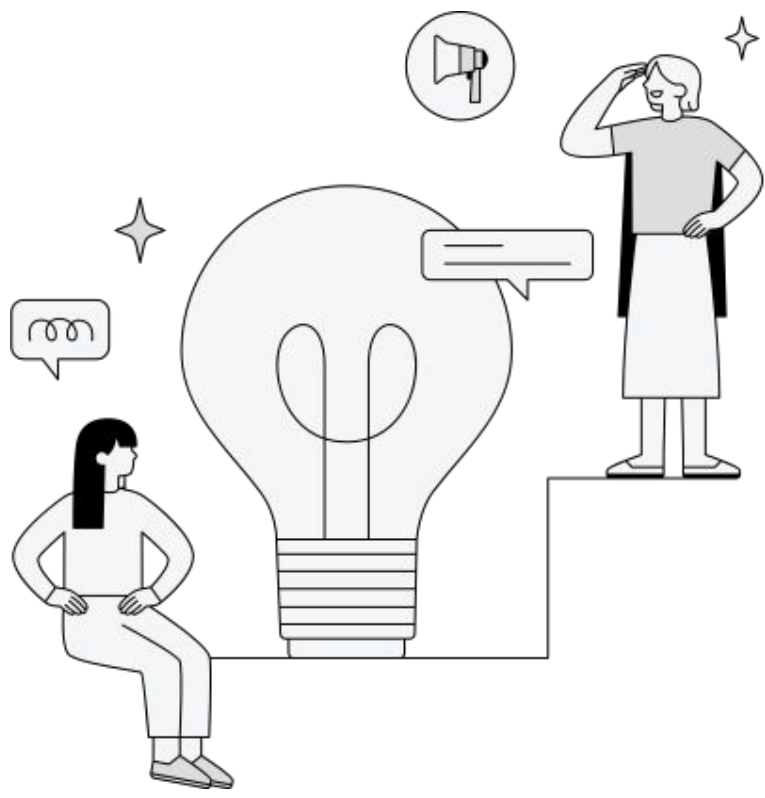
Session #: CS14

Budget-Friendly Team Building: Igniting Relationships, Collaboration, and Positive Energy

Tuesday, September 24th 2024

10:15 AM - 11:30 AM - Concurrent Workshop





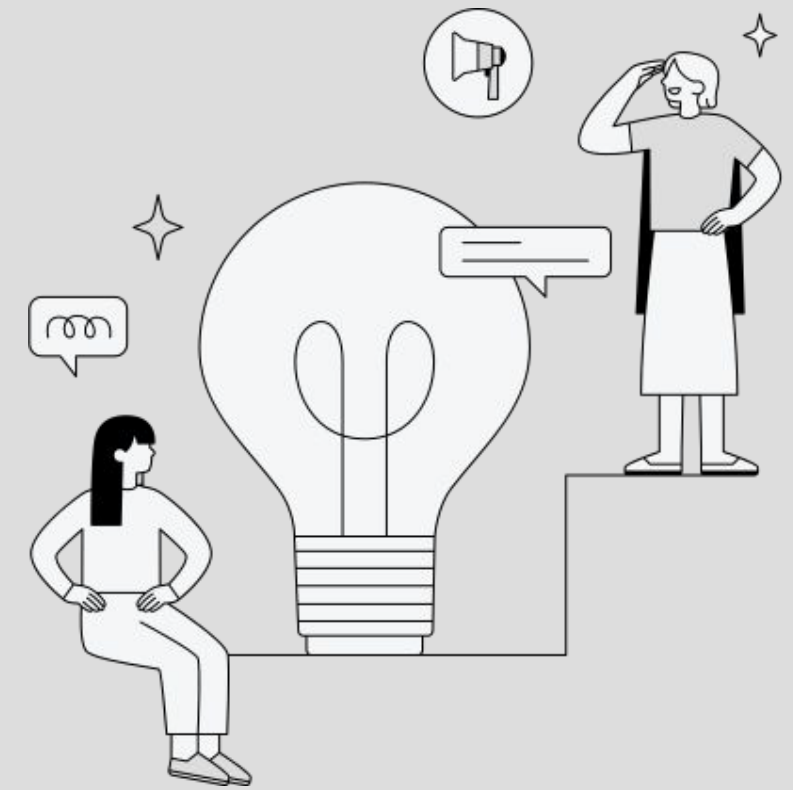
Disclaimer

What we discuss are my personal views and that do not reflect the viewpoints of my employer

Get ready to unleash your creativity and engage in interactive activities that will leave your team inspired and energized.

Outcomes

1. Practice quick, low-cost activities to enhance teamwork and communication.
2. Practice many of them together, today.
3. Share best practices on this topic to cultivate more inclusiveness at work.



Today's Goals

- No one gets hurt
- Nothing corny!



Select Wisely

Select activity =
know your
outcome

A red speech bubble with a white outline and a drop shadow, containing the text "Pick the right activity for the group".

Pick the
right
activity for
the group

Did You Know?

The Research Says ...

Of all the things we choose to do at work (other than work!), it's casually interacting with our colleagues that makes us happiest.

– London School of Economics (Harvard, Psychology Today)

To Know

What Session Is

- Tested activities
- For all budgets
- For remote and in-person environments
- Ways to strengthen Retention & D,E & I strategies

What Session is NOT

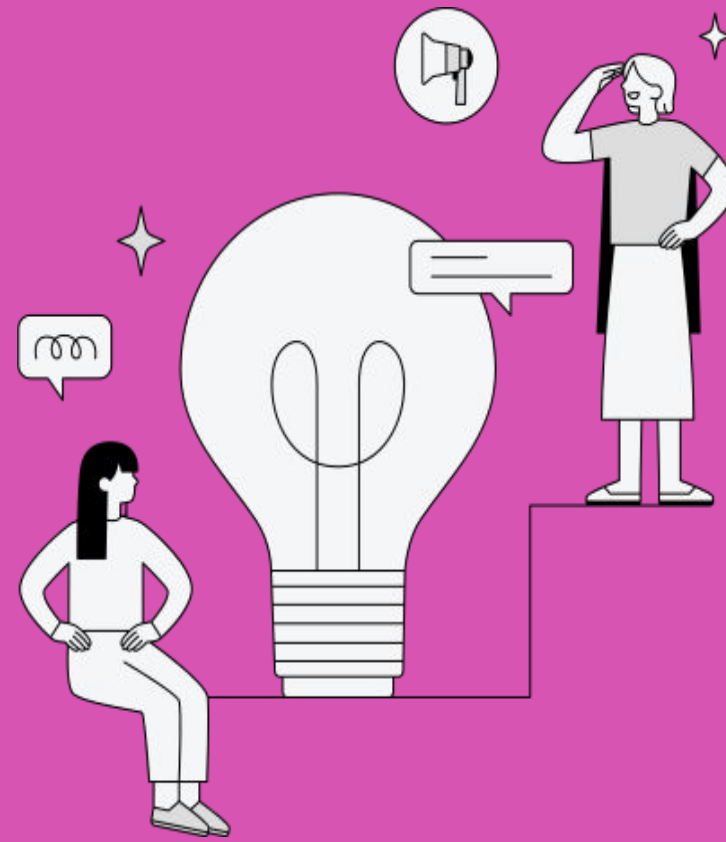
- Going to fix deep-seated team issues
- May highlight disfunction even more

Facilitation

- If you can bring people in on the facilitation, to assist you, go for it.
- Think about what you want your outcome to be, then select exercise.
- Know your audience and be inclusive. Allow people to opt-out if requested.

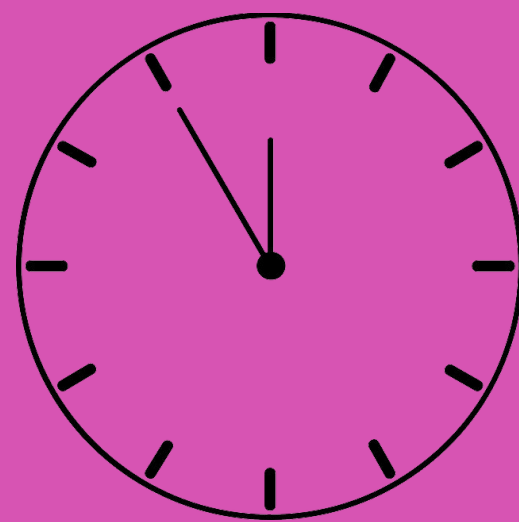
Virtual / Remote Activities



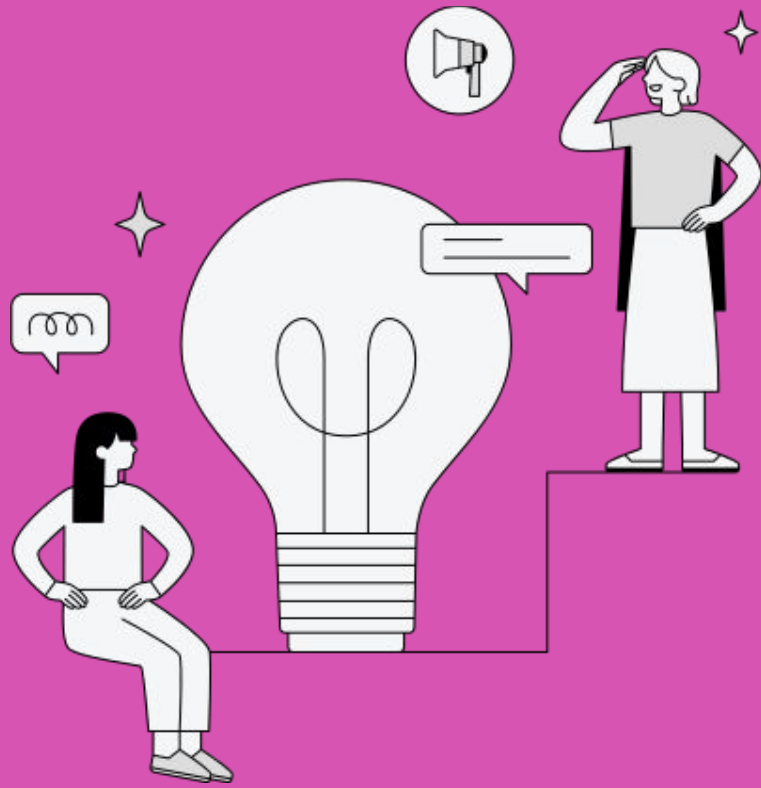


Icebreaker Q - #1

Q: If you could only have one App on your phone what would it be?



90 seconds



Mixer Exercise - #2



90 seconds

Question: What is the best thing that happened in the last week?

[It can be a small ... participants need to be able to answer quickly].

Remote Meetings and Workshops - # 3

Insert a meme that represents how they slept last night in chat



Image Source: Pixabay

Remote Meetings and Workshops - # 4

Go find the most yummy snack in your kitchen right now



Images Source: Pixabay

Remote Meetings and Workshops - # 5

“This or That”

- a. coffee or tea?
- b. beach or city vacation?
- c. Lose your wallet or your keys?
- d. Ability to fly or ability to read minds?
- e. Planning or spontaneity?



Image Source: Pixabay

Remote Meetings and Workshops - # 6

*Ask: Share your first car
and what made it unique?*



Image Source: Pixabay

Remote Meetings and Workshops - #7

Name a city that doesn't have an "A" in it ...



Image Source: Pixabay

Remote Meetings and Workshops - #7

Activities

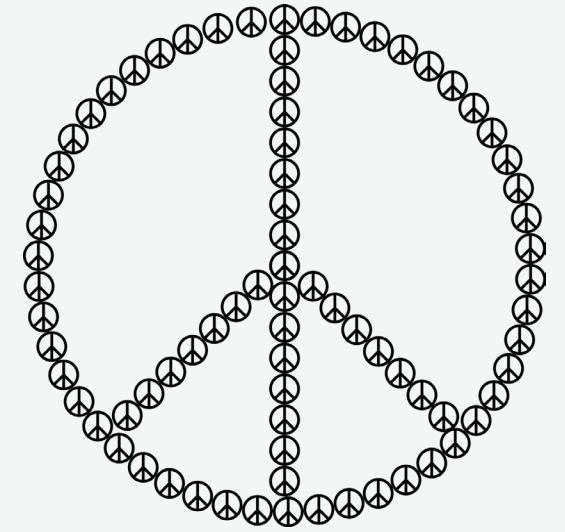
Name a city that doesn't have an "A" in it ...

Here are some U.S. cities that do not have an "A" in their names:

1. **New York**
2. **Memphis**
3. **Detroit**
4. **Denver**
5. **Houston**
6. **Lexington**
7. **Boston**
8. **Pittsburgh**
9. **Cleveland**
10. **Norfolk**

Image Source: Pixabay

Remote Meetings and Workshops + Theme Days - # 8



- Hawaiian Shirt Day - Wear tropical Hawaiian shirts.
- Favorite Team Jersey or hat Day - Sports jerseys from favorite sports teams.
- Decade Day - Dress in fashion from a specific decade (e.g., 80s, 90s).
- Mismatched Day - Purposefully wear mismatched clothes.



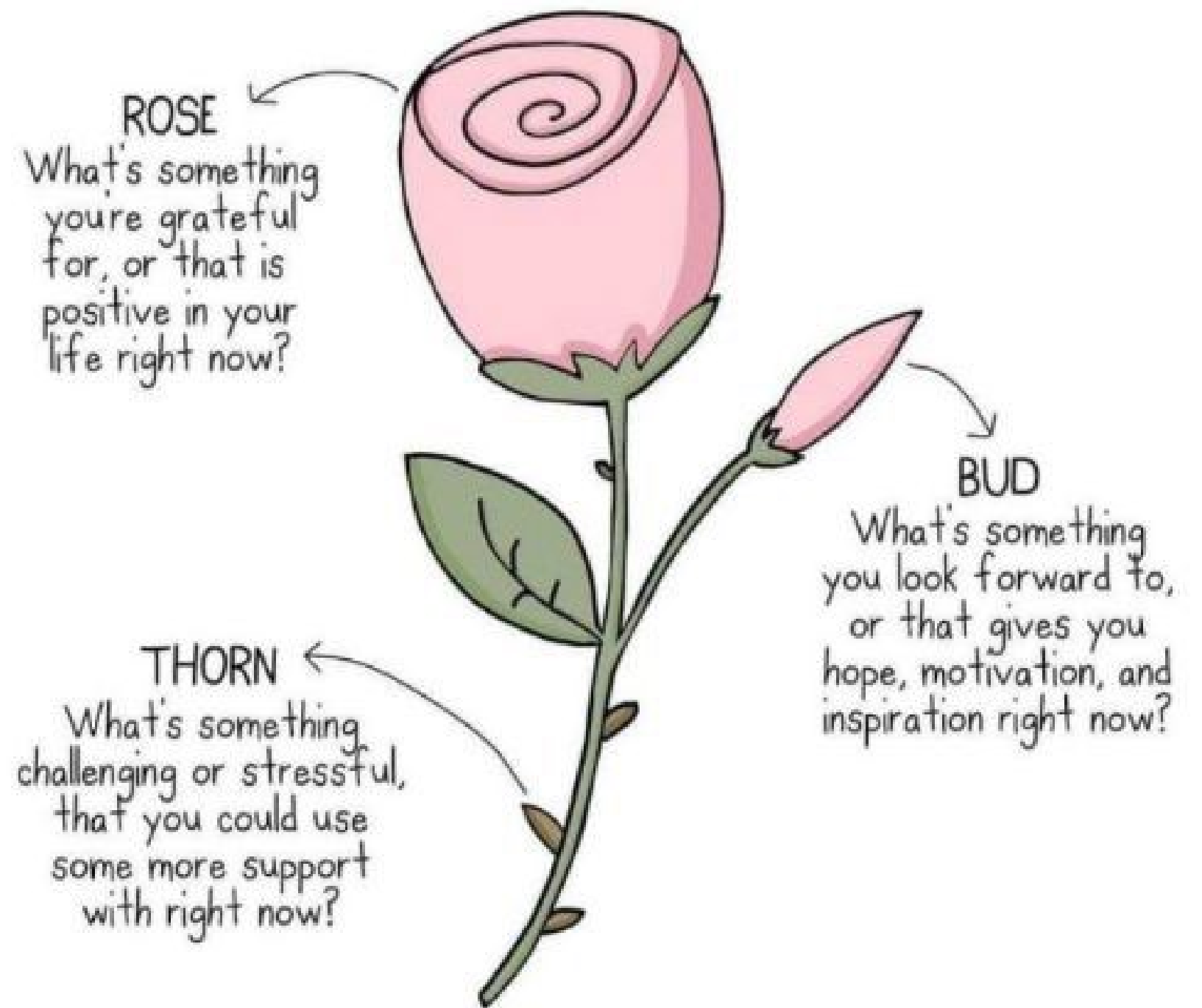
In Person or Virtual



Remote Meetings and Workshops - Rose, Thorn and Bud # 9

Can also be used for small team meetings or 1:1s

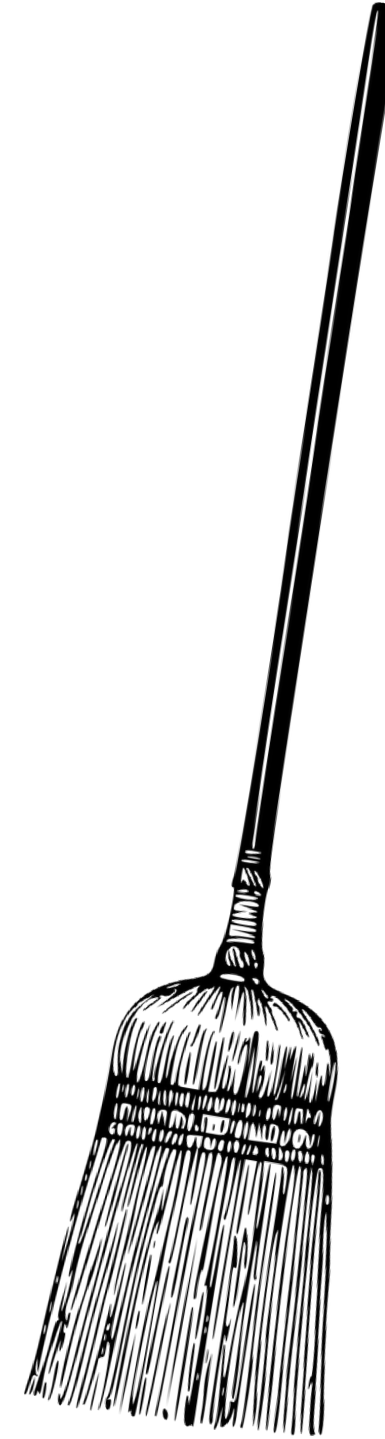
ROSE, THORN & BUD CHECK-IN



Remote Meetings and Workshops - Best Clean Joke #10

**Why was the
broom late for
work?**

It over-swept.



In Person



Desk Plant Exchange - #11

Here is how to host this activity:

1. Send an invitation to bring small potted plants to the office.
2. Set guidelines, including acceptable plant types and exchange format.
3. Organize a designated time and area for the plant exchange.
4. Allow brief introductions of each plant during the exchange.
5. Encourage participants to document their new plants on social media or a shared platform.



Mystery Box Challenge - #12

The Mystery Box Challenge is an engaging and creative team building activity that tests teams' problem-solving skills.

Here is how to host this activity:

1. Split participants into small groups
2. Give each team a mysterious box containing a variety of random items from around the office.
3. Participants must work together to create a new product or solution.
4. After making their products, folks will present their creation to judges.



Praise Wall - #13

You can create a praise wall using a physical or digital board, where you and your team members can post positive feedback, compliments, or gratitude for each other. You can also encourage your team members to add pictures, stickers, or emojis to make the praise wall more colorful and lively.

25



Image source: imnettle.net

Special People & Pets Wall - #14



Add pets name, age, favorite treats and pet's owner (employee's name)

Sit Down Exercise - #15

1. Sit down if this is your first NHRMA conference.
2. Sit down if you have been to more than 8 NHRMA conferences.
3. Sit down if this is your first visit to Portland, OR.
4. Sit down if you have traveled to more than 10 countries.
5. Sit down if you have a dog.
6. Sit down if you prefer tea over coffee.
7. Sit down if you play a musical instrument.
8. Sit down if you have worked at your current company for more than 8 years.
9. Sit down if you are a Pickleball enthusiast.
10. Sit down if you speak more than one language.
11. Sit down if you enjoy yoga.
12. Sit down if you have ever gone skydiving.
13. Sit down if you have a favorite sports team called The Seahawks.
14. Sit down if you have read more than 15 books this year.
15. Sit down if you have been to a Taylor Swift concert.
16. Sit down if you enjoy cooking.
17. Sit down if you have run a marathon.



What We've Covered

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**Virtual & in
person
Activities**

Conclusions and final reflections

- Do a pilot / dry run whenever possible
- Have fun with it and keep refining
- Share what works with others - pass it on!

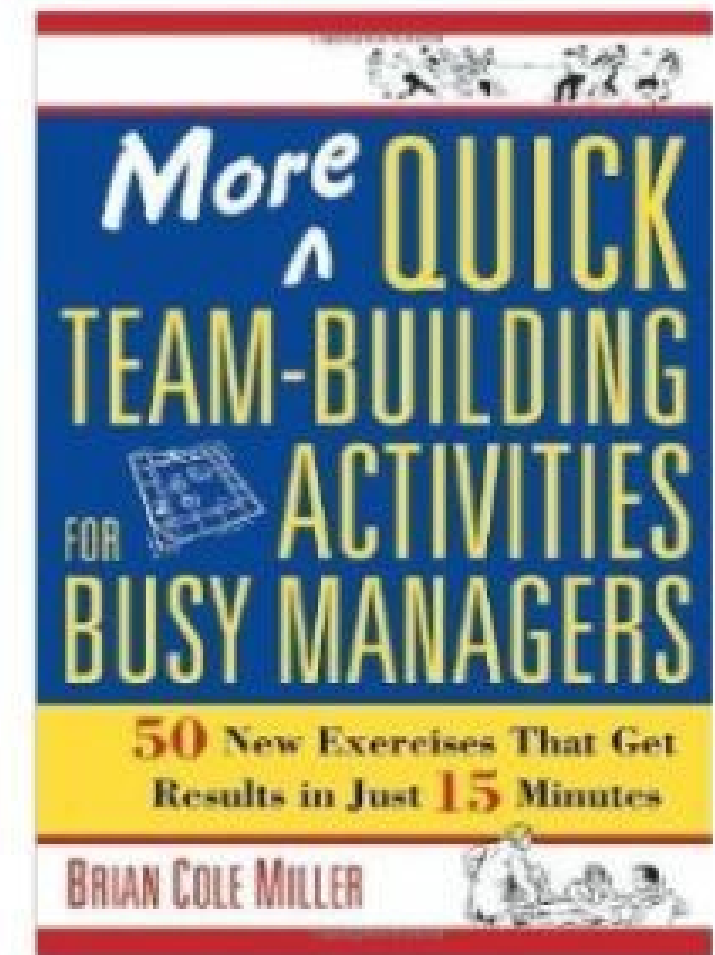
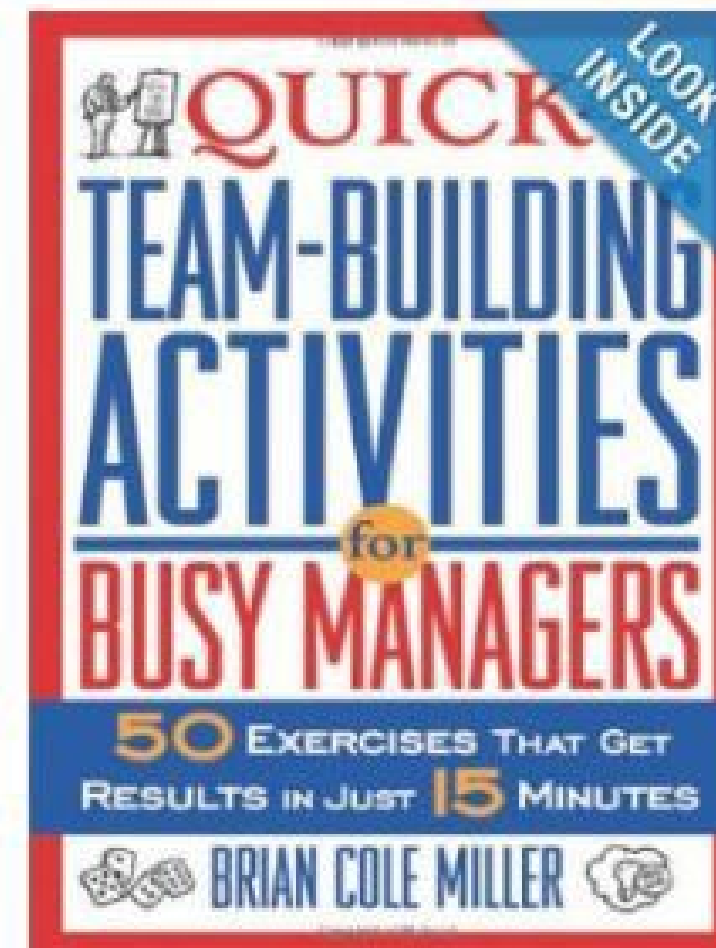
**“Tell me and I forget.
Teach me and I
remember. Involve
me and I learn.”**

- Benjamin Franklin

Sources Used in Presentation and for Teambuilding: Icebreakers & Energizers

- SnackNation
- Museum Hack
- HubSpot
- BetterUp
- Asana
- Indeed
- YouTube, Brittini Bowering's Channel
- Google

ADDITIONAL RESOURCES



Other sources: Pixabay for images, Canva



**Thank you very much.
Have a great conference!**