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Emotional Workshop: What makes a good team?

Objective:

- Understand the characteristics of effective teamwork.
- Explore how emotional intelligence contributes to collaboration.
- Develop skills to foster positive team dynamics.

Key Components:

- Team roles and responsibilities.
- Effective communication.
- Conflict resolution.
- Building trust.

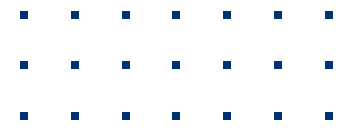
Duration:

1 hour



Workshop:

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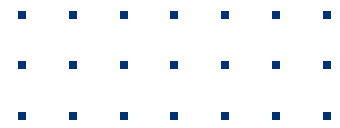
Workshop Overview

This workshop focuses on understanding what makes a team successful. Participants will explore teamwork skills, discuss challenges, and practice techniques to improve collaboration.

- **Introduction (5 minutes).** In this lesson, we'll explore successful teamwork through communication, trust, and collaboration. Watch the video and discuss which team characteristic is most important.
- **Team Strengths Chart (10 minutes).** Participants list their top strengths and create a team strengths chart. Emphasizes the value of diverse skills.
- **The Miscommunication Game (15 minutes).** Participants describe an image to their partner who recreates it based on the description. The activity highlights the importance of clear communication and active listening in team settings.
- **Team Trouble (10 minutes).** Participants discuss a scenario of a team disagreement, then brainstorm solutions and role-play a negotiation meeting. Groups reflect on effective conflict resolution strategies.
- **Conclusion (5 minutes).** Summary of key points about trust, communication, and emotional intelligence in teamwork. Encourage reflection on what actions to take to improve teamwork skills.

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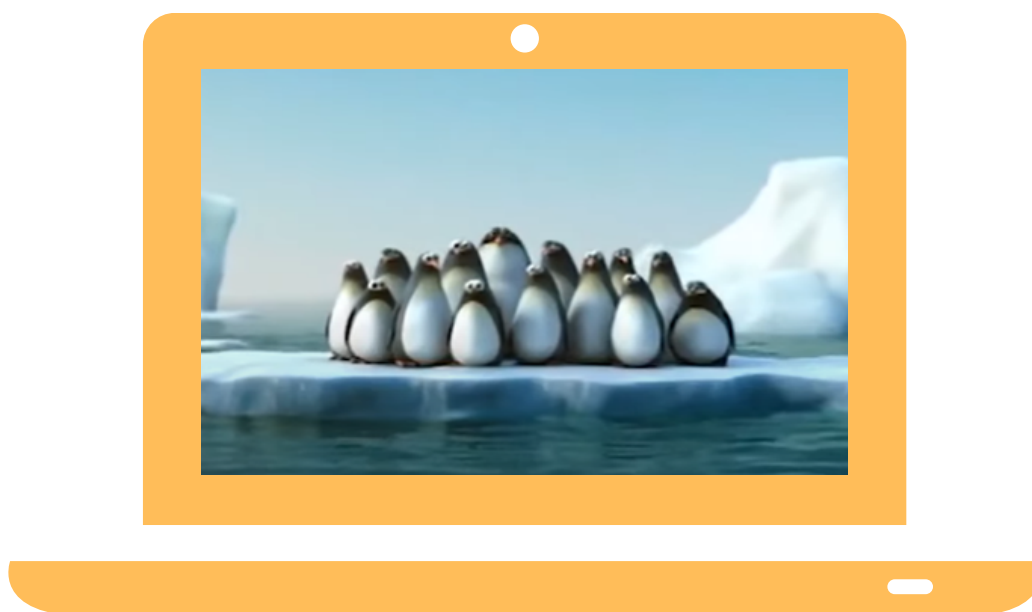


Introduction

Teams are all around us—at work, in school, and in everyday life. But what makes some teams thrive while others struggle? In this lesson, we will dive into the key ingredients of successful teamwork, focusing on communication, trust, and collaboration.

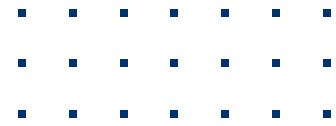
Watch the short video and with the participants discuss on what's the most important team characteristic connecting each of the short story shown on the clip.

[Link to the video](#)



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Team Strengths Chart

The objective of this activity is to recognize both individual and collective strengths within a team. Each participant is asked to list their top three skills or strengths—these could be related to communication, leadership, creativity, or organization. The goal is for each person to identify what they are particularly good at.

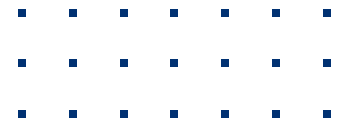
After listing their strengths individually, participants are grouped into small teams of 3 to 4 members. Each group then combines their lists to create a "team strengths chart." They discuss how their combined strengths can be utilized to meet their objectives effectively. This exercise helps teams recognize overlapping strengths and how they can complement each other to enhance teamwork.

Following the activity, the groups share their team strengths with the larger group. The facilitator guides a discussion on the value of diverse strengths within a team, exploring questions like how these diverse skills contribute to successful team outcomes, potential challenges that can arise from having varied strengths, and strategies for managing these differences to foster effective collaboration.



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The Miscommunication Game



The objective of this activity is to practice clear communication and active listening.

Participants are divided into pairs or small groups. One person in each group is shown an image, which they must then describe to their partner or group member who cannot see the image. The task for the listener is to recreate the image based solely on the description given.

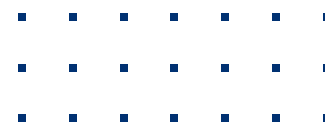
After the activity, groups reflect on the challenges they faced during the task. Facilitators guide a discussion on what made communication effective or challenging. Questions might include:

- What difficulties did the describer face in communicating the details of the image?
- What was challenging for the listener in interpreting and visualizing the description?
- How can active listening and clearer communication be improved in similar team scenarios?

This activity helps participants understand the importance of clear communication and active listening in team settings.

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Team Trouble

The facilitator presents a scenario involving a team disagreement, such as differing opinions on how to approach a project or a disagreement over responsibilities. Participants are then divided into small groups. Each group discusses the scenario, brainstorming possible solutions and approaches to resolve the conflict constructively.

Scenario:

Imagine you are part of a small team assigned to develop a presentation for an important client meeting. Two members of the team, Alex and Jamie, have differing opinions on the direction of the presentation content. Alex wants to focus on detailed technical aspects, while Jamie argues for a more simplified, high-level overview to ensure the client's understanding. The disagreement leads to tension within the team, with both sides feeling their perspective is being undervalued.

Step 1 (5 minutes):

- Split into small groups. Discuss the scenario to understand the perspectives of Alex and Jamie.

Step 2 (15 minutes):

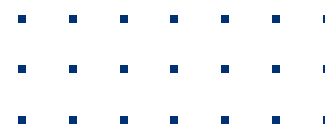
- Brainstorm solutions and role-play a negotiation meeting.

Step 3 (5 minutes):

- Reflect on the experience and discuss effective conflict resolution strategies.

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Conclusion

Throughout this session, we've explored the essential components that make a strong team—trust, communication, and collaboration. These elements are not only crucial for the success of a team but also for managing challenges effectively. Emotional intelligence plays a significant role in understanding team dynamics, handling conflicts, and adapting to changes.

By applying the skills learned today—such as **active listening, recognizing individual strengths, and resolving disagreements constructively**—participants can enhance their teamwork in various settings, from professional environments to everyday life. These skills foster a positive team culture, leading to more productive and satisfying work experiences.

As we conclude, reflect on what actions you will take to improve your teamwork. How will you leverage the insights gained today to communicate more effectively, build stronger relationships, and contribute to a cohesive team? Setting specific goals for improvement will enable you to apply these skills in real-world situations, ultimately enhancing both your personal and team dynamics.

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Instructions for Teachers

Objective: Teach students teamwork essentials through interactive activities.

Duration: 1 hour

Materials Needed:

Paper, markers, printed scenarios, image cards.

Workshop step by step

Step 1. Introduction (5 minutes)

Begin by setting the context for the workshop, emphasizing the importance of teamwork, communication, and trust in both professional and personal settings. Share an overview of the workshop's objectives: understanding the key ingredients of effective teams and practicing skills necessary for successful collaboration. Engage participants with a video that illustrates these concepts, prompting a brief discussion on which team characteristics shown in the video are most important.



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Step 2. "Team Strengths Chart" (10 minutes)

Each participant lists their top strengths and shares them within their small group. The group then creates a team strengths chart by combining individual strengths. This exercise emphasizes the value of diverse skills and perspectives within a team. Afterward, facilitate a discussion on how recognizing and utilizing these diverse strengths can enhance team dynamics. Encourage participants to consider how they can apply this insight to improve their teamwork.

Step 3. "The Miscommunication Game" (15 minutes)

In this activity, participants describe an image to their partner, who must recreate it based solely on the description. This game highlights the importance of clear communication and active listening. After the activity, facilitate a discussion on the challenges faced, such as difficulty in sharing details or understanding descriptions. Questions to explore include: What made communication effective or challenging? How can active listening be improved in similar team scenarios? This activity helps reinforce the importance of clarity and feedback in communication.

Step 4. "Team Trouble" (10 minutes)

Present a scenario involving a team disagreement, where Alex and Jamie have differing opinions on how to approach a project. Divide participants into small groups to discuss the scenario, brainstorm possible solutions, and role-play a negotiation meeting. This activity helps participants practice communication, empathy, and negotiation skills. After role-playing, guide a discussion reflecting on the strategies used during the negotiation. Questions could include: What strategies helped your group reach a solution? How did the different perspectives influence the outcome? What are some key takeaways for handling similar conflicts in the future?



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Step 7. Conclusion (5 minutes)

Summarize the key points discussed throughout the workshop—trust, communication, and emotional intelligence in teamwork. Reinforce the importance of these skills for both personal and professional growth. Encourage participants to reflect on the insights gained and what actions they will take to improve their teamwork skills moving forward. Ask participants to set personal goals related to enhancing their communication, collaboration, and conflict resolution skills.

Tips for teachers:

- Familiarize yourself with the activities and discussion points in advance. This preparation will help you guide the discussions effectively and stay on track.
- Monitor group interactions during activities to ensure everyone is participating. Step in if a group needs help finding a solution to a disagreement or conflict. Encourage quieter participants to share their opinions.
- After each activity, prompt discussions with open-ended questions to encourage deeper reflection. These questions help participants connect the activities to real-world scenarios and apply what they've learned.
- Create a safe, inclusive environment where participants feel comfortable sharing their thoughts and experiences. Emphasize the importance of learning from mistakes and embracing different perspectives.
- Encourage participants to take what they've learned back to their teams. Suggest specific ways they can apply the communication, collaboration, and conflict resolution skills in their professional and personal lives.



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Follow-Up Activity at Home:

Reflect on the teamwork skills you practiced in the workshop. Choose a recent work or personal project where you were part of a team. Apply the concepts of communication, trust, and collaboration from the workshop to this scenario. Write a short reflection (1-2 paragraphs) on how you can improve these skills moving forward. Consider aspects such as clear communication, listening actively, and recognizing diverse strengths within the team.

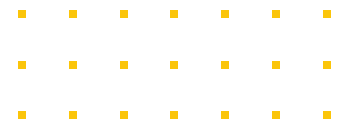
Assessment:

Review your reflection and identify any specific actions you plan to take to enhance your teamwork skills. You can also ask a friend or colleague to read your reflection and provide feedback on your insights. This feedback can help you refine your goals and strategies for better collaboration.

Final Notes:

Continue practicing the skills you learned in this workshop in your daily interactions and team activities. Remember that improving your teamwork skills is an ongoing process. Reflect regularly on your experiences and seek opportunities to apply these skills in new contexts. Staying committed to enhancing your communication, trust, and collaboration will lead to more successful and fulfilling teamwork.

TOOLS



45 team building games



List of 45 team building games prepared by Asana.com

[LINK](#)

24 fun team-building activities

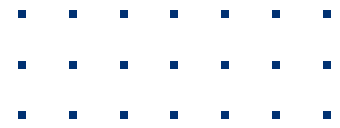


Set of 24 team building activities prepared in Mentimeter.

[LINK](#)



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