

HOW TO START A DAY WITH YOUR TEAM



It is important to improve the efficiency of meetings by strengthening the bonds between participants and reducing tension. Simple exercises and ice-breakers will help your team become comfortable with one another and provides a good start to the day.

The purpose and benefits of ice-breakers is to:

1. Create a positive group atmosphere
2. Help people to relax
3. Energize and motivate
4. Help people to get to know each other
5. Help establish a “safe place” so people will share freely

Ground rules:

- Treat everyone with respect
- Listen with an open mind
- Think before speaking
- Let everyone participate
- Do not share any confidential information heard

Some examples of exercises/ice-breakers include:

1. Two truths and a lie
 - This works well for groups of about 10 or less. If the group size is much larger than that, this exercise will take too long.
 - Go around the room, one person at a time. Each person is to tell three things about themselves; two are true and one is a lie. The group must guess which of the three is a lie.
2. What is your dream vacation?
3. If all family and pets are safe and your house was on fire, what would you save and what would you throw in?
4. What is your favorite meal?
5. If you could have an endless supply of any food, what would it be and why?
6. What is one goal you’d like to accomplish in your lifetime?
7. What is your favorite animal?