



# Team Building Training Proposal

MMM Training Solutions  
Seamless Transformation

## Agenda:

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Timing	Activity	Duration
9.30 am	Assembly & icebreaker	30 minutes
	Word enumerator	20 minutes
	Magic steps	45 minutes
	Break	15 minutes
	Balancing balloons	45 minutes
	Joining of team members	40 minutes
	Lunch	45 minutes
	Puzzle race	45 minutes
	Mat relay	45 minutes
	2 person trust fall	30 minutes
	Break	15 minutes
	The blind leading the blind	45 minutes
	Tower building	45 minutes
	Pat on the back	10 minutes
5.30pm	Closing and feedback	5 minutes

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## Description of the Activities:

S. No	Activity	Objective	Description	De-brief
1	Word enumerator	To help understand the importance of teams in the workplace	Participants are asked to work as individuals and teams to identify as many words as they can from the letter of another word	<ul style="list-style-type: none"> <li>o The importance of teams</li> <li>o The importance of preparation before team meetings</li> </ul>
2	Magic steps	To help participants understand the first stage of team development – 'Forming' the team	Participants work in teams and have to use the 'magic steps' to cross an imaginary acid river	<ul style="list-style-type: none"> <li>o Leadership</li> <li>o Motivation</li> <li>o Team cohesion</li> <li>o Synergy</li> <li>o Strategy</li> <li>o Knowledge sharing</li> </ul>
3	Balancing balloons	To help participants understand the importance of 'synergy' in teams	Participants work in teams and have to keep a set of balloons in the air without letting them touch the ground	<ul style="list-style-type: none"> <li>o Synergy</li> <li>o Inter-dependence</li> <li>o Coordination</li> <li>o Allocating tasks based on skills and abilities</li> <li>o Supporting / motivation</li> </ul>
4	Joining of team members	To help participants understand the stages of team building in a short and succinct manner	Participants work in teams and have to 'join' themselves based on a set of instructions given	<ul style="list-style-type: none"> <li>o Leadership</li> <li>o Strategy</li> <li>o Evolution of norms</li> <li>o Prioritization of work among the team</li> </ul>
5	Puzzle race	To help participants understand the importance of open minded thinking, brainstorming and rotation of responsibilities	Participants work in teams and have to solve as many puzzles as they can (of varying difficulties) within 40 minutes	<ul style="list-style-type: none"> <li>o Analytical thinking</li> <li>o Creative thinking</li> <li>o Understanding the strengths of co-workers</li> <li>o Distribution of work</li> </ul>
6	Mat relay	To help participants understand the importance of co-working with each other based on	Participants work in teams and race with other teams to complete a relay race where they cannot put	<ul style="list-style-type: none"> <li>o Motivation</li> <li>o Understanding the strengths of co-workers</li> <li>o Leadership</li> </ul>

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		individual strengths	their feet on the ground and have use only the mats provided	<ul style="list-style-type: none"> <li>o Strategy</li> </ul>
7	The blind leading the blind	To help participants understand that team building is about all members of the team moving toward the same goal	Participants work in teams. They are blindfolded and are asked to form a shape with the material given. They can verbally communicate with each other but cannot look at what they or others are doing.	<ul style="list-style-type: none"> <li>o Leadership</li> <li>o Synergy</li> <li>o The importance of sharing information to everyone in the team</li> <li>o Team trust</li> <li>o Team communication</li> </ul>
8	Tower building	To help participants implement the learning gained during the course of the day	Teams compete with each other to build the tallest possible tower using only the resources given to them within a 20 minute time frame	<ul style="list-style-type: none"> <li>o Managing Resources</li> <li>o Time Management</li> <li>o Delegation</li> <li>o Strategy</li> <li>o Co-ordination</li> <li>o Leadership</li> <li>o Team communication</li> <li>o Motivation</li> </ul>
9	2 Person Trust Fall	To help participants to understand the importance of trust while working in a team	Participants are supposed to free fall backwards and trust their partners to catch them and break their fall. Any movement of their legs or hands to save themselves result in disqualification and non-completion of the task	<ul style="list-style-type: none"> <li>o Importance of Trust</li> <li>o Ways to develop trust</li> <li>o Strategy</li> <li>o Inter-dependence</li> </ul>
10	Pat on the back	To help participants understand the importance of sharing and giving positive feedback	Participants go around the room writing positive feedback for their colleagues	<ul style="list-style-type: none"> <li>o The importance of positive feedback</li> </ul>



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## **Financials:**

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- Will be dependant on the number of participants