

Team Building Icebreaker: Getting to Know You

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People who make up great teams get to know each other personally and professionally. The team will thrive as each member learns more about one another's interests, what each cares about, and what each values. Members learn about each other's families, hobbies, non-work interests, and affiliations. They get to know each other's relational, technical, and team strengths.

By getting to know one another they create a team bond that will enable them to work together easily by drawing on their respective interests, values, and strengths. Team respect, trust, and camaraderie all grow as members get to know each other.

Use the following as a team building exercise:

1. Tell me about a time in your life when you felt truly energized and alive, either at work or beyond. Describe it in rich detail, so that we can experience it as you did.
2. Now think of a person with whom you've most enjoyed working in the past such as a favorite colleague who might also have been a friend.
 - a. What did that person know and appreciate about you that helped him or her to be such an important person in your life?
3. Step into the shoes of all the people who most respect and value you, both in the workplace and at home. Through their eyes tell us about yourself.
 - a. What matters to you most?
 - b. What are your favorite pastimes and hobbies?
 - c. What are your greatest skills and competencies?
 - d. What makes you tick?

Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.