Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Fun and easy team building ideas

Everyone has a preference or comfort zone when it comes to working as part of a team.



Some people desire and thrive in collaborative settings, while others dread collective decision making and would prefer to work alone. However you feel about working as part of a team, the reality is that it is an inevitable part of contemporary office life. Building a successful and healthy team is an investment that takes commitment and ongoing attention. Below are some ideas to improve the atmosphere and efficiency when working together.

Engage in ice breakers and collaboration games

Some people may groan at the mention of ice breakers, but they exist for a reason, and can be a very effective way to develop camaraderie among coworkers. These games can be a great way of reminding everyone that they are on the same side while lightening the mood and bringing people closer together.

- **Socialize together.** Another great way to strengthen a team is to engage in social activities outside the workplace. Going out for drinks and snacks after work is good, but there are other ways to socialize that can be even more fun: cooking and dining together, going bowling, or seeing the latest blockbuster as a group can be fun and certainly encourage positive relationships in the office. These social activities allow coworkers to relax and interact in a more casual setting, and that stress-free atmosphere can carry over into the office.
- **Collaboration tools.** Keeping everyone on a team informed and up to speed can take a lot of time and effort, and often someone will miss a piece of crucial information. Fortunately, there are now many software programs that streamline the process of keeping every team member up to date on the current state of collaborative projects. Low tech, offline tools, like a weekly team huddle or ten-minute status update, can also do wonders for team building. Implementing one of these can make keeping everyone on the same page much easier and faster, which will also have the added benefit of reducing confusion and conflict.
- **Prioritize regular communication.** Good communication between team members is needed for team engagement. Hold weekly “fireside chats”; sessions where members have an opportunity to voice their feelings and concerns about the team. This may feel awkward at first, but it is a great way to catch potential problems early and put a stop to them before they snowball into something much more difficult to manage.

A functional and happy team is greater than the sum of its parts as each member brings their own unique skills and experiences to the group, leading to greater efficiency and employee satisfaction. Remember to make team building an ongoing project: do something that encourages and supports collaboration

regularly to keep the team strong. When groups are performing at their best, working together can be a joy, so make team building a priority and reap the benefits of collaboration.

If you are looking for additional ideas or guidance for your team, take advantage of a Manager Consultation through your EFAP by calling 1.866.833.7690 or browse the workshops and seminars available to your organization through our Workplace Learning Solutions.

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