

Activity Suggestions: Know Your Team Members

It's paradoxical, but when team members know each other better as individuals, it usually supports teamwork because it creates greater understanding for each other, areas of commonality, and interesting areas of diversity.

There are many different topics you can suggest as ways for people getting to know each other. At your next team meeting, try one or more of these:



1. Where are you from?
2. Share three adjectives that best describe you.
3. What is your favorite food?
4. Share an aspect of your childhood that has helped define who you are today.
5. When should the others on the team come to you? (e.g., "Come to me for...") This may be to take advantage of particular experience, expertise or strengths that you have.
6. What should they avoid coming to you for? (e.g., "Don't come to me for...") This may be things that aren't in your area of responsibility or expertise and you know that they'll be better served by someone else.
7. What piece of advice do you have for _____? (new team members, those starting a new project, others outside the team, etc.)
8. What motivates you at work? What energizes you?
9. What are demotivators for you? What drains or frustrates you?
10. How will others recognize when you're stressed, and what kind of support is helpful in those times?
11. Wild card: Share anything you think would be interesting or helpful to share with the others.

How to use these questions?

- Individually as quick icebreakers or topics at team meetings
- Have team members create presentations of a longer set of questions, such as presenting the information on a flip chart or PowerPoint presentation. The sharing can be done at one time or spread out over several sessions, based on amount of time and size of the team.
- Experience the topic (vs. just talking about it). For example:
 - o Have a potluck where each person brings in a favorite food.
 - o Have each person wear their favorite color somewhere on their person and have the others guess.