

Ask the Expert: How to create team connection

As an organisation, a good starting point to think about when deciding on team experiences is to ask:

- 👉 What is it for?
- 👉 Who is it for?

The outcome could be to create more connections in your team, to feel a part of something bigger, or to challenge self-perceptions. The way you frame the experience will transform the experience.

"It is one of the simplest and most fundamental human pleasures when we synchronise our activities with other people. It gives an immediate sense of community and unity. And it's something that is seen across all of human culture."

- James Sills, Author, Do Sing

The benefits of team building experiences



It creates stronger team connection



It increases collaboration and productivity



It boosts team morale and motivation

Ideas for action

Find immersive activities



Group activities like singing together helps to increase connection within a team as you are all working together to achieve a bigger goal.

Coach yourself question

What immersive team experiences have you enjoyed in the past?



Create synchronicity

👉 Take time out to do a synchronous activity together. This could be group singing, going for a walk together or cooking together.

Learn something new



Learning something new together as a team creates a safe and collaborative environment where people are all starting in the same place.

Coach yourself question

What new learning can you do together as a team?



Buddy-up

👉 Creating learning-pairs makes it easier to get started and creates momentum for group learning progress.

Share a Pride Postcard



Pride postcards are a way of writing a few short sentences to reflect on and celebrate your individual successes as a team.

Coach yourself question

What career moments are you most proud of this year?



Show and tell

👉 Ask the team to share their pride postcards or anything else meaningful. Using a prop to 'show' helps to simplify storytelling.

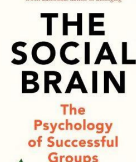
Recommended resources

Episode 337

Ideas for team ice-breakers and energisers



Get the most of team time spent together with ideas from episode #337 of Squiggly Careers.



The Social Brain: The Psychology of Successful Groups by Tracey Camilleri, Samantha Rockey and Robin Dunbar

Episode 349

How to develop a high performing team



We share ideas for action to help you address issues that impact teams on episode #349 of Squiggly Careers.