

# Team dynamics workshop

This workshop on teamwork and team dynamics is designed to

- Support teambuilding and grow team cohesion within the group
- Help to reach a better understanding about what makes a team and how it functions

Suggested number of participants: 8-20

■ energizer/icebreaker ■ discussion/debriefing ■ exercise ■ break ■ theory

09:00	Introduction
09:10	Icebreaker: The Group Map
09:25	Expectations
09:35	Common and Unique

## Teamwork

09:55	Marshmallow challenge
10:25	TED video and Group discussion
10:45	Debriefing

11:15	Coffee Break
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## Team Dynamics

11:35	Stages of Team Dynamics
11:50	Group discussion: team vs. group
12:05	Exercise

12:45	Closing circle
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13:00 *End*

## Materials

- Flipchart with session goals in Introduction
- Post-it notes x 2 in Expectations | Exercise
- Markers in Expectations
- Empty flipchart just with the title: Expectations in Expectations
- Two sheets of paper and a pen for each group in Common and Unique
- 20 sticks of spaghetti per team in Marshmallow challenge

- one yard of tape per team** in Marshmallow challenge
- one yard of string per team** in Marshmallow challenge
- A timer that is visible for everyone** in Marshmallow challenge
- Flipchart with Tuckman's 5 step model** in Stages of Team Dynamics
- 4 tables** in Exercise