**Exercise #1**

**Team Trust Building**

Following initial formation, teams develop in phases. The first phase (forming) involves a process whereby individuals get to know one another. Getting to know others can be awkward. In addition, team members may be overly polite, watchful and guarded during this team formation phase. The objective of this exercise is to start the team building process by getting to know one another.

*This exercise requires face-to-face interaction and it cannot and must not be done via phone, email or chat*. Failure of the entire team to meet face-to-face and participate in this exercise will result in a team score of ***zero***.

In getting to know one another, there are several activities that can be utilized, including:

Icebreakers - the team must conduct at least one icebreaking activity. Ideas for icebreaker activities can be found on the web.

Team Building Exercises - these types of exercises can also be found on the web.

Sharing -

Formative Experiences -Ask individual team members to share with other team members one or two experiences in his or her life that define them as individuals.

Personal Goals - immediate (including aspirations regarding performance in this course) and future expectations.

Personal Values - including what is important in life.

**Report**

Each team will be required to either submit a written report or have a team member present a short (not more than 5 minutes) report that includes the following:

1. That all members of the team participated in the exercise.

2. What exercise(s)/activities the team engaged in to get to know each other.

3. What things were learned about each other including: an understanding of how personal experiences have shaped each team member; how each member reacts to different situations; and personal goals and values held by each member.

4. On what dimensions (values, work ethics, goals, etc.) the team is similar and different.

5. The strengths and weaknesses that were identified as being possessed by the team.