

Getting to Know One Another Exercise

Communication is essential for building relationships, team rapport, and good team performance.

This exercise can help build understanding, leading to more openness when sharing information.

The steps in this team-building exercise are as follows:

1. Ask the team to form a circle – each person equally spaced apart.
2. The leader selects each person in the circle in turn and asks them to pair up with the person they know the least.
3. Each person in the pair tells their biggest blunder.
4. The other person in the pair listens intently and tries to remember as many details as possible.
5. When all the pairs have compared stories they return to the circle.
6. Going around the circle, the leader asks each person to share the story they have heard.
 - a. They should recount the blunder in the first person, sharing as much detail as possible.
 - b. Once finished, point to another person and ask them to recount (again in the first person) the same story in as much detail as they can remember.
 - c. Repeat until everyone in the circle has repeated the story.
7. In the next round, repeat the above steps but this time pairing up with someone who may have a different vision of their shared environment (workplace, team environment, sporting arena).
8. Within each duo share a personal view of the future, then return again to the circle to share and repeat.

This is an excellent team building exercise to get to know one another better and practice active listening.

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