

# TEAM BUILDER WELCOME

## A Welcome from the UYB Team

### Welcome to this Virtual Gift of 'Done for You' Virtual Team Builders!

Our Teams are the lifeblood of a thriving business and helping them connect with one another creates stronger, more resilient teams who collaborate and seek input to obtain different perspectives and values.

As a global virtual company, Upleveling Your Business strives to create a diverse, inclusive, and equitable space for our team and clients' development.\*\* We are also dedicated to helping our clients build stronger teams too!

We are gifting you three Team Builders to promote team development and build resilient teams who learn to work together. (For instance, Team Builder #2 is about Innovation, Communication, Teamwork, Learning to be Resilient & Pivoting the Plan when necessary!)

Each Team Builder comes with the following:

- Admin Instructions and Prep
- Instructions to the Team
- Admin - Anchoring in the Lessons
- Follow-up Flyer to Post the Day After to Anchor in the Lessons

We can't wait for you to get these scheduled. Just pick the order you want and schedule one a month! We love to see pictures and feedback from you and your team so be sure to tag us on social media (@UplevelingYourBusiness #UYBTeamBuilders). Please also feel free to reach out by email and tell us what you loved, and what suggestions or alternatives you came up with! Finally, we'd love to know if you would be interested in getting a new packet each quarter. Overall, have fun and lean into developing resilient and successful teams!

Cheers to your Success!

The Upleveling Your Business Team

\*Be sure to checkout our DEI Statement and how we invest in Diversity, Equity, and Inclusion to build an incredible team! <https://www.uplevelingyourbusiness.com/dei-statement/>

# TEAM BUILDER:

# SMALL BOAT CHALLENGE

## Admin Overview & Pre-Event Instructions

### Overview:

This Team Builder is about Innovation, Communication, Teamwork, Learning to be Resilient and Pivoting the Plan when necessary!

The small groups will have a chance to surround themselves with various objects. A key part is whether they simply pick their own items, or if they strategize and work with one another to maximize their supplies and thus their chance of survival.

### Preparations:

- Prep the instructions with any changes.
- Identify your "Boats" with 3-5 Team Members in each and plan for if people are out.
- Plan a timing mechanism and shorten timing depending on # of team members.
- Virtual: Prepare Zoom meeting and Zoom breakout rooms
- InPerson: Assign groups and let them huddle together.

### Alternatives:

Do as one large boat.

Set Milestones (like 3 islands each 50 miles away) and gamify to see which boat can successfully navigate to the islands by solving puzzles.

### Notes & Other Ideas:

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# TEAM BUILDER:

# SMALL BOAT CHALLENGE

## Team Instructions

You are in the middle of the ocean with no land in sight on a boat with just a couple of your team members. Each person can use their "magic wand" to create 3 physical objects that can be used by the participants in the boat.

**Step 1:** Choose a Captain. This person will time the "magic wand" selections, record inventory, time the strategy time and share the final report with the full team.

**Step 2:** Each person on the boat has up to 2 min to wave their imaginary "magic wand" and select the three items they wish to have onboard the boat.

**Step 3:** After everyone in the raft has selected their items, the team shall spend 5 min strategizing their plan for how to find land and save themselves.

**Step 4:** Answer these questions as a team

- What will you do in the first hour on the boat?
- What will you do in the next 3 hours?
- What will you do when nightfall hits in 5 hours?
- What will you do overnight?
- What are your goals in the first 48 hours?
- What are your goals in the first 5 days?

**Step 5:** The Captain shall report in 3 min or less to the full group the following:

- 1.Share your boat's inventory.
- 2.Share your answers to Step 4.
- 3.Share how you resolved any disagreements?

Notes:

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# TEAM BUILDER: SMALL BOAT CHALLENGE

## Admin - Anchoring In the Lessons

### Questions to Ask the Team After the Breakouts and Shares:

- What do you wish you had on your boat but no one asked for?
- How do you think the outcome would change if we told you to spend 5 min strategizing what materials to wish for to build a more strategic plan?
- Did you drift or did you have a direction in mind?
- How did you resolve direction, food and water?
- How did you resolve differing opinions of what you wanted to do?

### Points to make as people share and as opportunity arises:

- When you strategize for 5 min at the beginning, your direction is more refined.
- Collaboration yields stronger outcomes.
  - Person 1: desalinization equipment, a 10 gallon water container, a cup
  - Person 2: a Fishing pole, fishing tackle, a knife
  - Person 3: a tarp, rope, 50 yards of light fabric for protective covering/ clothes
- Lessons about being clear with language and words used:
  - "clothes that offer sun protection" - that only helps one person. a bunch of fabric can be used to wrap up multiple people from head to toe.
  - "a fishing pole" - a "pole" doesn't do much; need the fishing line and hook and bait.
  - "fishing tackle is broader"
- When something isn't working (like on Day 3 or 5) you have to Pivot!

**Additional Sharing:** Ask if anyone would like to share their experience and how it changed their perspective? Any avid boaters? Anyone not keen on open oceans?

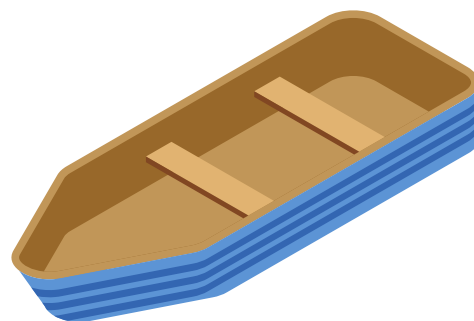
# TEAM BUILDER: SMALL BOAT CHALLENGE

This Month's Team Builder was all about Innovation, Communication, Teamwork, Learning to be Resilient and Pivoting the Plan when necessary!



**Takeaway #1: If you take time to strategize, everyone can work together to be more efficient!**

**Takeaway #2: If you don't have a plan, you are just drifting.**



What were your favorite takeaways?

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# TEAM BUILDER: CURIOSITY

## Admin Overview & Pre-Event Instructions

### Overview:

This Team Builder is about having fun and encouraging everyone to participate actively. This activity promotes Curiosity, Team Bonding, Listening & Communication Skills, and a Better Understanding of each Team Member's Perspectives and Experiences.

### You are provided with:

- A QR Code with a digital dice (in case you are doing this virtually)
- A QR Code with a digital version of the 120 question
- A link with 120 question cards (20 cards for each of the 6 categories) so you can print your own cards on card stock and do this in-person!

### Alternatives:

Variation #1: Instead of having teams, you can play as individuals.

Variation #2: To add an element of competition, you can set a time limit for each team to answer their question. The team that answers the most questions within the shortest time gets additional points.

Variation #3: Add a listening component and after everyone has shared, each person has to share something they learned about the person with the next name after their first name in the alphabet. (Joe would then share about John. Josue would then share about Karen; etc.)

### Notes & Other Ideas:

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# TEAM BUILDER:

# CURIOSITY

## Team Instructions

**Step 1:** Divide the participants into teams. Each team should ideally consist of an equal number of members.

**Step 2:** Each team takes turns rolling the dice. The number rolled will correspond to one of the six categories.

**Step 3:** Once the dice has been rolled and the category determined, the team must select a question card from that category to answer. They can choose any card from that category, but they should not look at the question until they are ready to answer it.

**Step 4:** The team then discusses and answers the question together, promoting open communication and teamwork. Encourage each team member to contribute their thoughts and ideas.

**Step 5:** After the team has answered the question, the next team takes its turn by rolling the dice.

**Step 6:** Repeat the process until all teams have had a chance to answer questions from each category or until you reach a predetermined number of rounds or time limit.

**Step 7:** At the end of the activity, you can have a group discussion to share interesting insights, experiences, or perspectives that arose during the game.

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# TEAM BUILDER: CURIOSITY

## Admin - Anchoring In the Lessons

### Questions to Ask the Team After the Breakouts and Shares:

- What surprised you about the different experiences and answers from different team members?
- What similarities did you hear in the different answers?
- How can we continue to build upon the connections made during this activity and ensure that we maintain an open and inclusive team environment?
- Are there any team-building activities or initiatives we could plan in the future to continue fostering a strong sense of camaraderie and mutual respect among team members?

### Points to make as people share and as the opportunity arises:

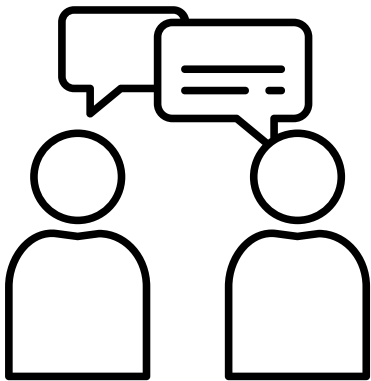
- These discussion questions encourage team members to reflect on the activity's outcomes, consider its implications, and brainstorm ways to strengthen their team bonds further.
- By discussing these topics openly and honestly, the team can grow stronger and more cohesive, leading to improved overall performance and satisfaction in working together.
- You learn interesting things about others when you slow down and take the time to listen.
- You often find common grounds when you share your interests
- Honing your Listening & Communication Skills often result in a Better Understanding of each Team Member's Perspectives and Experiences

**Additional Sharing:** What are some ways we can maintain this level of openness & get-to-know-you attitude on an ongoing basis, even as the team grows over time?



# TEAM BUILDER: CURIOSITY

This Month's Team Builder was all about Curiosity, Communication, Teamwork, and embracing our Team's Diversity!



**Takeaway #1:** Knowing each other beyond their professional roles helps create a safe and supportive environment for open communication.

**Takeaway #2:** Learning about each other's backgrounds, cultures, and perspectives helps team members appreciate the diversity within the group.



What were your favorite takeaways?

# TEAM BUILDER: SCAVENGER HUNT

## Admin Overview & Pre-Event Instructions

### Overview:

This Month's Team Builder is all about Creativity, Different Viewpoints, Learning New Perspectives, and Building Relationships that Prioritize Purpose and Awareness.

We believe everyone's culture adds value and brings deeper perspectives. By having a virtual scavenger hunt from their home, office or pictures on their phone, we allow our teams to share insights about their lives and what surrounds them.

### Preparations:

- Identify if this will be played by Individuals or by Small Groups and plan for if people are out.
- Prep the instructions with any changes.
- Virtual: Prepare Zoom meeting and if in teams, assign Zoom breakout rooms
- InPerson: Assign groups and let them huddle together.

### Alternatives:

Make the Scavenger Hunt Real, with teams needing to go take pictures with object  
Allow teams time to gather items and make a great presentation in 7 days.

Advanced: if any other team comes with same item it gets thrown out (creativity is key!)

### Notes & Other Ideas:

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# TEAM BUILDER: SCAVENGER HUNT

## Team Instructions

We all have grown up with different cultures and perspectives and we all surround ourselves with unique items that others may not have. This Scavenger Hunt is based on Creativity and Awareness for other Perspectives. The Goal is to gather 26 items from the Alphabet that no other team is likely to bring back.

**Step 1:** Each Team of 3-5 individuals will have 5 min to divide up the Alphabet and commit to their team to find items that start with the letter assigned.

**Step 2:** Each team has 5 min to find their items in their homes, their office or from photos.

**Step 3:** Once everyone has found their items and the team has 26 items they can return to the group to share.

**Step 4:** Each team has 5 min to share their items AND each team member shall share in 30 seconds or less something special about one item they chose.

We love learning what makes our team "tick" and want to hear the stories about some of the unique items you look at or use everyday!

**Have a favorite cooking Spatula or Knife that you can't live without?**

**Maybe a favorite writing Quill, or a Quote on your wall?**

**Are you a Zombie movie fan?**

**Get Creative!!**

**Notes:**

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# TEAM BUILDER: SCAVENGER HUNT

## Admin - Anchoring In the Lessons

### Questions to Ask the Team After the Breakouts and Shares:

- How did you divide up the alphabet?
- What were your hardest letters and how did you handle that?
- How many people thought of backup items initially?
- How many had to pivot when you couldn't find the item you wanted?
- What was your favorite item someone shared and why?
- What did you learn about your colleagues that you didn't know?

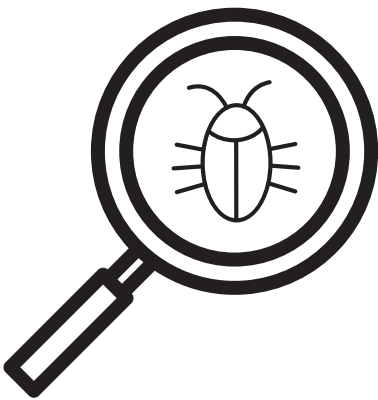
### Points to make as people share and as opportunity arises:

- While structured, a scavenger hunt is fun and allows for a more casual interaction to get to know one another.
- Creativity feeds Creativity!
- When you learn new perspectives you can also better understand different viewpoints. This can be helpful later when working on projects.
- Building relationships that prioritize awareness of one another creates a more stable and resilient team.
- We believe everyone's culture adds value and brings deeper perspectives.
- Often the value is in the journey; the problem solving and the searching for the right object is as fun as presenting it to others.
- When Plan A doesn't work, there are always 25 more letters!

**Additional Sharing:** Ask if anyone would like to share their experience and what they got out of the activity from their own scavenger hunt but also from watching others.

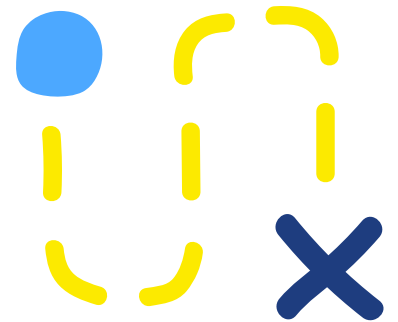
# TEAM BUILDER: SCAVENGER HUNT

This Month's Team Builder Was All About Creativity, Different Viewpoints, Learning New Perspectives, And Building Relationships That Prioritize Purpose And Awareness.



**Takeaway #1: You can learn about people by taking interest in the objects around them.**

**Takeaway #2: Take Time to Have Fun While Getting to Your End Goals!**



What were your favorite takeaways?

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Date:

Time:

Location:

Facilitator(s):

# TEAM BUILDER AGENDA

## Summary/ Theme of Team Builder

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## Welcome

**12:00pm - 12:10pm** Prompt To Post in Chat  
Set up theme for the call and agenda

Notes:

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## Agenda Topic 1: Ice Breaker

**12:10am - 12:20am** Write a short sentence listing the main objectives of the subject under discussion and what you hope to achieve.  
**Speaker:**

- Purpose
- Ideas
- Goals

Notes:

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## Agenda Topic 2: Content

**12:20pm - 12:50pm** Write a short sentence listing the main objectives of the subject under discussion and what you hope to achieve.  
**Speaker:**

- Purpose
- Ideas
- Goals

Notes:

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## Marketing Share

**12:50pm - 12:55pm** Marketing Team to share what is coming up and how the Team can support!

Notes:

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## Close & Sendoff

**12:55pm - 1:00pm** Prompt To Post in Chat  
Best Nugget of the Day

Notes:

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