

## TEAM BUILDING

*A Complimentary Training from Telenor*

Date: 20<sup>th</sup> June 2011'

Timings: 11:00 am – 3:00 pm

### RESOURCE PERSON:

- Mubashar Adeel Butt



## TEAM BUILDING TRAINING

The training aim was to develop a team spirit among the participants. The participants included students and the faculty of IPL. The session focused on team building while working in an institute or organization.

### Activities Held During the Session

- Introduction with the team (faculty & students).

Activity Name: **Ice Breaker**

The technique used for the introduction was very interesting itself as the participants was asked to tell few basic things about them including one unique thing/fact which others do not know about them. By using this method/technique, the ice was broken which normally is present whenever a person meets with new people and secondly this activity also helped the participants to realize that sometimes they didn't even know very basic things about their colleagues just because of lack of communication. The participants were guided to communicate with their colleagues, faculty members & fellow students on a personal level to create a strong bond and a strong working relation among them.

The common Issues. were discussed regarding communication gaps and the problems arises due the lack of communication as more time is spend at work place rather than at home. More communication can solve many problems and conflicts can be avoided.

Activity Name: **Creating the Comfort Zone**

After the introduction, when all the participants were comfortable enough to share their basic issues & concerns with the trainer, they were involved in a healthy debate/argument about the definition of a Leader. The goal of this activity was to bring all the participants on a level where they are comfortable enough to open up & share their issues, concerns, beliefs & ideas

- Team Building Activities.

Activity Name: **Building the Bridge. Helium Stick**

Good teamwork in any organization is of vital importance. It can make things happen better than anything else in an organization although talented people are required in any organization but its proper team spirit with which many organizations succeed. There have been instances where companies might be filled with multi - talented individuals but the problem which lies is the ineffective utilization of the resources and lack of harmony in the team. Many theories represent how empowered teams work better and portray excellent results. Empowering people is nothing but the attitude and behavior of the employers towards their employees rather than the system and the tools which are used in the organization.

And after the time spent with all the participants during the introduction & discussion on different topics, a quick TNA (training needs analysis) was done and as per the

trainer's assessment, Team Building was the very first & foremost training or feedback which was required at that time. So the two team building activities were conducted which were valuable to get all the participants involved. The basic idea behind these activities was to get all the participants on the same page where they can realize the importance of team work & good communication.





The feedback of the students & the faculty members was very positive and they found the session very helpful & productive.

### List of Participants

Sr .No	Name	Designation
1.	Abida Chishti	Co-ordinator Academics
2.	Kiran Mehtab	Language Research Assistant
3.	Ikram Ullah Janjua	Lecturer English
4.	Nuzba Kiran	Librarian
5.	Sonia Riaz	Student
6.	Rukhsana Zafar	Student
7.	Sidra Hussain	Student
8.	Ayisha Umer	Student
9.	Misbah Sharif	Student
10.	Sumaira Ijaz	Student
11.	Asma Riaz	Student
12.	Saima Hadayat	Student
13.	Sumaira Muzzafar	Student
14.	Sadia Khan	Student
15.	Gulshan Khursheed	Student
16.	Saba Sheikh	Student
17.	M. Usman	Student
18.	M. Farooq	Student
19.	Rabia Farooq	Health and environment co-
20.	Tanveer Iqbal	IPL Co-ordinator

