

ADAPTABLE	FAIR-MINDED	OPTIMISTIC
ADVENTUROUS	FAITHFUL	PASSIONATE
AFFECTIONATE	FEARLESS	PATIENT
AGREEABLE	FOCUSED	PERSISTENT
AMBITIOUS	FRIENDLY	PHILOSOPHICAL
AMUSING	FUNNY	PLUCKY
BALANCED	GENEROUS	POWERFUL
BRAVE	GENTLE	RELIABLE
BRIGHT	GRACEFUL	RESILIENT
CALM	GREGARIOUS	RESOURCEFUL
CHARMING	HAPPY	SELF-DISCIPLINED
COMPASSIONATE	HARD-WORKING	SENSIBLE
CONSCIENTIOUS	HELPFUL	SINCERE
CONSIDERATE	HONEST	STRONG
COURAGEOUS	INDEPENDENT	SYMPATHETIC
COURTEOUS	INTEGRITY	THOUGHTFUL
CREATIVE	INTELLECTUAL	TOUGH
DETERMINED	INTELLIGENT	TRUSTWORTHY
DILIGENT	INTUITIVE	UNASSUMING
DIPLOMATIC	INVENTIVE	UNDERSTANDING
DYNAMIC	JOYFUL	VERSATILE
EASYGOING	KIND	WARRIOR
ENERGETIC	LOVELY	WARMHEARTED
ENTHUSIASTIC	LOVING	WILLING
EXUBERANT	LOYAL	WITTY

Choose ONE word that best describes you. Circle that word.

Choose ONE word that describes each of your classmates. Write their names next to that word. You should have one word circled and a word for every classmate. You may use the same word for more than one person.

After you've chosen a word for each person, start writing that word on the index card that corresponds with each person. After you've written on a given card, put it back on the table so that other people can fill it out.

Here are a few reasons why team building is important in the workplace:

1. Facilitates better communication – Activities that create discussion enable open communication among employees, and between employees and management. This can improve office relationships and in turn, the quality of work done.

2. Motivates employees – Team leadership and team building go hand in hand. The more comfortable your employees are to express their ideas and opinions, the more confident they will become. This will motivate them to take on new challenges.

3. Promotes creativity – Taking a team outside of an office setting and exposing them to new experiences will force them to think outside of their normal routine. Working together with other team members can ignite creativity and fresh ideas, which are great qualities to bring back to the office.

4. Develops problem-solving skills – In public relations a crisis can happen at any time. Team building activities that require coworkers to work together to solve problems can improve the ability to think rationally and strategically. Teams that are able to determine when a problem arises and know what they can do about it, can then effectively take charge when a real crisis occurs.

5. Breaks the barrier – Team building increases the trust factor with your employees. Often in corporate settings there is a disconnect between the leadership team and employees because the employees sense too large of a gap between the two. Team building exercises give leadership the opportunity to be seen as a colleague rather than a boss, which

can do wonders for employee morale.