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Top qualities of outstanding team building exercises

Unfortunately, most of us have had to suffer through a bad team building event that did little more than getting us away from our desks for a few hours. Designing an effective and enjoyable team building activity or training session will take some time and effort on your part, but will pay off handsomely later.

Remember these top six qualities of outstanding team building before putting your program together:

It's challenging. A great team building exercise will involve a challenging task to get participants focused on creativity and problem-solving. **It's competitive.** Adding an element of competition will help get participants excited and will encourage rivalry and cooperation. **It's achievable.** Make it tough, but not so tough that they can't make it to the finish line. This will generate interest and boost the desire to bond with teammates. **It's team-oriented.** Create an "us vs. them" mentality by mixing a bit of rivalry into the equation. It can help the team develop an instant sense of camaraderie, even if no one has ever met before. **It's inclusive.** Make sure the exercise is something everyone can get involved in and feel included in the group. You don't want anyone sitting on the sidelines. [Cheap Accutane](#) **It's fun.** Your exercise should give employees the chance to loosen up and take a break from the usual stress of their day, at the same time they're learning something new.

It's always great to watch a group of coworkers enjoy themselves in a successful team building activity. While they're having fun, you're conspicuously teaching them lessons about themselves and their coworkers.

Effective team building exercises can be fun and productive, if you design them right. Think of it like when you get a workout by playing with your kids - they have fun, you have fun and you burn off that burger you had for lunch. It's a win-win situation!

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