

STRONG TEAMS ARE BUILT ON TRUST

THE NEED

Great teams achieve exponentially greater outcomes than individuals. Successful organizations are built by groups of people that are **fully aligned towards a common goal**. This is why team building is a pervasive focus of great leaders.

For teams to operate at their greatest potential, **trust** must be established and each member must be confident in the level of **cooperation** and collaboration that takes place.

HOW DOES IMPROVISATION HELP?

Improv teaches you to think –
‘its not mine, It’s OURS.’

Improvisation is spur of the moment collaborative creation. It teaches you to **support each other’s ideas, trust in your partner, and strive to make others look good**. As improv performers, we do exercises (play games!) to build teams that are able to create 30 minutes of entertainment for an audience on the spot. These same games have been found to be extremely effective in strengthening teams of all types.

TRY THIS

Who Started The Motion?

Here’s an easy to lead game that you can try at your next meeting. It is a simple game that is very popular with the groups we work with. It works well with 6 to 12 players, but you can certainly try it with more.

Objective

For the person that is “it” to not be able to guess who the leader of the group movement is.

Play

- ▶ Choose one player to leave the room (or stand in the corner with their ears covered and not looking). The remaining players form a circle and decide on one person to be the leader.
- ▶ The leader begins to move in place any way they want. The rest of the players in the circle copy the leader’s movements.
- ▶ The person that is “it” returns and quickly gets to the middle of the circle. Standing in the middle of the circle they try to figure out who is leading everyone else in the movements.

- ▶ They must take 3 guesses within 1 minute. If they are able to discover the leader, everyone loses! If they can't figure it out, everyone WINS!
- ▶ The leader then becomes the "it" person and this is repeated with a new leader.

What Did We Notice?

After each round, ask the group "what did we notice"? Also, ask "how can we do better?" From my experience, this activity is fantastic for helping people "let go" of control and trust others. It takes many rounds of play and the experience of succeeding, but it happens.

When the "it" person can easily tell who the leader is, it is usually because that person is not making it possible for everyone to keep up with them. Usually, they need to slow down and simplify their movements.

In the first rounds, it is typical for many players to be looking at the leader directly. Players must be able to look at someone else in the circle and TRUST that they are following along to the best of their abilities.

Final Note

Applaud! Applaud after each round and always include lots of verbal praise as the group improves each round. Everyone needs to be encouraged, especially when trying something different.

Finally, allow the group to **discuss how the lessons of this game might relate to their work** in teams or even their families.



LEARN MORE

For a free consultation on how we can strengthen your team with improv please contact:

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