



STRIKE!

Building Teamwork Through Bowling

DESCRIPTION:

This engaging and interactive session combines the theoretical constructs of personality development, based on the teachings of Carl Jung with fun, interactive, and “hands on” experiences in team building.

Participants learn the basics of group dynamics, have their personality assessed using the Myers Briggs Personality Type Indicator (MBTI) completed and then put into action through a fun, hands-on bowling experience. Participants learn not only about their own preferences, but the preferences of fellow team members.

At the conclusion of this session, participants will:

- 1) Understand his/her own personality preference and be able to convey their preferences to other team members,*
- 2) Learn the value of diversity among team members,*
- 3) Be able to articulate the importance of diversity within teams for optimal performance*

METHODOLOGY:

- 1) Initial Gathering – icebreakers and discussion of teamwork, group dynamics, communication, interpersonal relations and personality theory*
- 2) Administration of the MBTI and brief discussion of personality type*
- 3) Bowling with strategically placed team members*
- 4) Review of team activity, revelations, discussion and insights*
- 5) Lunch and wrap-up*

TIME FRAME: 3 hours + Lunch

MATERIALS: MBTI Assessment & DISC Assessment

FACILITATOR: LTC University



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