

Team Building Basics

A Guide to Getting Going in the World of Team Building

What Does Your Team Look Like?



*Coming together
is a beginning.
Keeping together
is progress.*

Team Building Basics

A team is a group of people who come together temporarily to achieve a purpose. There is no magic formula for "building a team". Teams are organic - they grow and change - but you can study how teams work and this affords you greater capability in helping a team learn how to work effectively.

Getting Going with Team Building

- Animals and plants gather together in groups and work together in order to help each other (and ultimately themselves) to reach goals that would have been out of reach for a single individual.
- Humans, in this sense, are no different. We are gregarious (social) creatures and many of our goals and motivations require us to work closely together with other people.
- The word 'team' derives from the use of oxen or bullocks shackled together to create a focused, shared force for transporting heavy materials.
- A team is a group of people who come together temporarily to achieve a purpose.
- There is no magic formula for "building a team".
- Teams are organic and involve chemistry - they grow and change - so you need to make use of the opportunities that change offers when it comes to facilitating team development.
- Team building is not easy, but there are a lot of techniques, principles and methods that can be applied and which can really make a difference e.g.,
 - [stages of group development](#)
 - [group dynamics](#)



Working together is success.
- Henry Ford
[Team Building Quotes](#)

- [psychological profiling](#)
- [team building activities](#)
- Team building is tied to [personal development](#) -- team development requires members individual team members to grow and develop -- as an individual's personal growth unfolds, so too does their capacity to participate in and thrive in group situations.
- The closer the correspondence between team goals and individual goals, the greater the sum of individual motivations for succeeding together. (Check out [Field Theory by Kurt Lewin](#), also [Buckminster Fuller](#))
- [Group dynamics](#) are the unseen psychosocial forces that operate amongst groups of people. Team dynamics are the cocktail of interpersonal chemistry which, if effectively harnessed, can provide considerable power for reaching collective goals.
- Group dynamics can be brazenly characterised as explosively positive, dull/neutral, or explosively negative. So watch out if you're going to tinker with groups -- anything can and usually does happen. The more experience you have the better, but experience is no cause for complacency or conceit, since every group situation is unique.