

Start time	Time (mins)	Activity	Details	Materials	Objectives
12:15	15	Extended intro, check-in	Name, Uni, What they're looking forward to during the weekend. What animal would they be? (Or if they could hop on a plane where would they travel to and why)		Get a new group of people comfortable in working and sharing with each other
12:30	15	Ice breaker: Cat and Mouse game	Reflect on activity (This activity is both an ice-breaker/energiser)		1. Feel more confident about working in whatever team they are on.
12:45	30	Newspaper tower activity	<b>Explanation of activity:</b> Split into teams, roles assigned to one team, another team has 2.30mins of "planning", one group has one person who doesn't cooperate, and another team free to start asap. <b>Reflections:</b> (reflect in own team for 5 mins first then we all discuss as a group): how did it feel? How did other people react to your role? How did the team work?	Newspaper, Tape, scissors, Boiled Egg	2. For people to understand theories between teams and why they are important 3. Enabling teams to feel as though they have gained skills but also exercises they can replicate at their branch to continue the dynamic process of teambuilding 4. For people to reflect upon the role they play in a team 5. Gain confidence in overcoming difficulties or challenges within a team
13:15	30	Team Evolution Curve	<b>Discuss stages:</b> forming, storming, performing, norming. Draw curve and add 4 stages on it, tell them what each one involves. Then <b>discuss where their branch is, any tips</b> they for moving on to the next phase of team building. What is the <b>common theme</b> among all those tips? Tips for shortening the time from forming to norming (Ex. it's very important for each person to know their role). Show them the picture on the powerpoint as an example of what team building looks like. Conclude with any questions.	Internet access to show images, flipchart, pens	
13:45	2-5	Energiser ? (See if necessary)	Haka	Enthusiasm	
13:50	20	"Tools" discussion	What tools exist? Do people actually use them, do they find them effective, is there one that they have actually done with their committee outside of training/conferences. Which one is best, which one you recommend others to use, etc.	Flip chart, pens	
Back up	5	Branch-specific future directions	Have they had a "team building" meeting? Would that be beneficial		
13:55	10	Check-out and feedback	Smiley face feedback. Checkout: who you are and what you learnt this morning.	Post-its, flipchart, pens	Introduce a wonderful feedback method and enable a little reflection.