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PR3 Training Toolbox

Quick Harmony Boost

1) NAME AND DESCRIPTION OF THE TOOL

SESKAT. Development of social and emotional skills in adult training

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Quick Team Harmony Boost is an efficient tool designed to strengthen team building skills among adult learners within a time frame of 1 hour. It focuses on engaging activities to promote effective communication and collaboration.

2) OBJECTIVES OF THE TOOL

- Enhance communication skills within the team;
- Foster trust and collaboration among team members;
- Develop problem-solving and decision-making skills within a team context.

3) CONNECTION OF THE TOOL WITH EMOTIONAL INTELLIGENCE/SOFT SKILLS

This tool is closely linked to emotional intelligence as it emphasizes self-awareness, empathy, and quick thinking—essential components of effective communication and collaboration. Soft skills such as teamwork and adaptability are crucial for successful completion of the activities.

4) RESOURCES & MATERIALS

- Whiteboard or flip chart,
- Markers and sticky notes,
- Timer or stopwatch,

5) IMPLEMENTATION OF THE TOOL

Implementation: Duration: 1 hour

Step 1: Introduction and Icebreaker (10 minutes)

Briefly introduce the purpose of the session and the importance of quick team-building activities. Conduct a brief icebreaker to create a positive and energetic atmosphere.

Example of the icebreaker activity:

Two Truths and a Lie:

Participants take turns sharing three statements about themselves—two true and one false.

The rest of the group tries to guess which statement is the lie.

This activity encourages openness and helps team members learn interesting facts about each other.

Step 2: Speed Team-building Scenarios (40 minutes)

Provide brief team-building scenarios or case studies.

Break participants into small groups and instruct them to quickly analyze the scenarios.

Each group should identify key issues and propose rapid solutions.



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Example of the Scenario:

Cultural Exploration Classroom Edition:

Scenario: A diverse group of adult students is tasked with planning a cultural exploration day.

Challenges: Varying interests, limited resources (imaginary budget), and coordinating activities.

Objective: The team must quickly decide on cultural activities to simulate, considering everyone's interests and making the most of the available resources.

Survival Scenario:

Scenario: The team is stranded in a fictional survival situation (e.g., a deserted island, a post-apocalyptic world) and must collectively decide on the most crucial items to have for survival.

Objective: Develop decision-making, communication, and collaboration skills in a time-sensitive environment.

Setup: Provide a list of potential survival items and allocate a limited budget. Teams must prioritize and justify their choices within a short timeframe.

Step 3: Group Discussion (10 minutes)

Bring the groups together for a concise discussion.

Facilitate a conversation about the challenges faced, emotions experienced, and the rapid decision-making process.

Step 4: Reflection and Goal Setting (5 minutes)

Ask participants to reflect briefly on their experiences during the activities.

Discuss the importance of emotional intelligence in quick decision-making and effective teamwork.

Set one or two actionable goals for each participant to improve team-building skills.

Step 5: Closing and Feedback (5 minutes)

Summarize key takeaways from the session.

Collect brief feedback on the activities and the overall experience.

Provide resources for further learning on team building and emotional intelligence.

6) EXPECTED LEARNING OUTCOMES

Participants will demonstrate the ability to quickly adapt to different team scenarios, showcasing improved communication and problem-solving skills. Team members will express confidence in their quick decision-making abilities, contributing to a more agile and harmonious work environment.