



SESKAT. Development of Social and Emotional Skills in Adult Training
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Quick Harmony Boost

**SESKAT Training
Toolbox**



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Description

Quick 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.

Objectives

- To enhance communication skills within the team
- To foster trust and collaboration among team members
- To develop problem-solving and decision-making skills within a team context

Connection with Soft Skills and Emotional Intelligence

This tool is closely linked to emotional intelligence as it emphasises self-awareness, empathy, and quick thinking—essential components of effective communication and collaboration. Soft skills such as teamwork and adaptability are needed for to complete the activity.



Resources and Materials

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

Steps

01

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.

02

40 minutes: Provide brief team-building scenarios or case studies. Then, break participants into small groups and instruct them to quickly analyse the scenarios. Each group should identify key issues and propose rapid solutions.

Examples 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 prioritise and justify their choices within a short timeframe.

03

10 minutes: Bring the groups together for a concisediscussion. Facilitate a conversation about the challenges faced, emotions experienced, and the rapid decision-making process.

04

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.

05

5 minutes: Summarise the main 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.

Learning Outcomes

Participants will be able to:

- demonstrate the ability to quickly adapt to different team scenarios
- Showcase improved communication and problem-solving skills
- Express confidence in their quick decision-making abilities, contributing to a more agile and harmonious work environment

