



Volunteering Together

Learning objective: This team-building activity can help build resiliency through improved social support and self-efficacy.

Time required: Approximately 15 minutes, depending on group size.

Instructions:

Have the team choose a project that everyone can take part in: volunteering at a soup kitchen, holding a charitable or fundraising event, sponsoring a child, etc.

Provide reasonable time to complete the project as a group.

Once the event is over, ask the team to share what they got out of the experience. Consider the next event they may wish to participate in.

Activity developed with help from: Mary Ann Baynton, Mary Ann Baynton & Associates Consulting.