

Team Encouragement Exercise



Practise giving praise to each other

Encouraging one another

This exercise uses the foundations of the Giving Praise technique to help you and your team encourage one another. The aim is to uplift team members and stimulate a dynamic that sees the best in people.

Giving praise

The Giving Praise technique on Mygrow is a positive way to build relationships with others. It leads you through a process of identifying a person to praise using the following prompts:

- Who can I praise?
- What are they doing that is praiseworthy?
- Why does it matter?

This team version is similar, just in a group context with an element of anonymity.

How to facilitate the exercise

Time: 45 - 60 minutes

Equipment: Blank sheet of paper for each team member / pens.

Preparation:

- Request that everyone brings a pen to the session and something to press on.
- Have the group sit in a circle.
- Give each person a blank sheet of paper.

Facilitation

1. Ask each team member to write their name at the top of the page.
2. Have the team pass their page to the person on their left. Each person then writes an encouragement to the person whose page they have. This can range from anything as simple as a positive characteristic they have noticed in that person, to praise for something they have done. So long as it is encouraging, anything goes.
3. Once everyone has written an encouragement, ask the team members to pass the sheet of paper along. They should now have a different person's name at the top of the page and can write an encouragement on it.

4. This continues until everyone has their own piece of paper again. Give the team a chance to read through what others have written about them.
5. With 10 minutes to go, ask each person to share, in turn, what insights they have gained through this interaction.

Sample "Encouragement page"

