

Thanking the team

This exercise uses the foundations of the Gratitude Letter technique from the Interpersonal Relationships module to help you and your team practise gratitude for one another. The aim is to uplift the team and foster a sense of unity.

The Gratitude Letter

The Gratitude Letter technique on Mygrow is a positive way to build relationships with others. It leads you through a process of identifying two people you would like to thank, and gives you a series of prompts around the themes of:

- Compassion
- Sense of belonging
- Reciprocity
- Challenger
- Belief
- Vulnerability
- Trust
- Practical/emotional support

This team version is similar, just in a group context, using slightly different prompts.

How to facilitate the exercise

Time: 45 - 60 minutes

Equipment: Four blank sheets of paper (one for each prompt) and pens.

Preparation:

- Request that everyone brings a pen to the session.
- Write one prompt (see points a - d below) at the top of each piece of paper.
- Set up different stations for each prompt. There should be four stations in total.

Facilitation:

1. Introduce the idea to the team and share the heart and purpose of the activity.
2. Explain that you are going to be writing group gratitude letters and that there is one letter at each station. The idea is to respond to the prompt and answer on the piece of paper. By the end the group would have written four team gratitude letters.
3. Ask that everyone splits up between the four stations.
4. Depending on how many people you have in your group, you may need more than one piece of paper per station.
5. Give the group enough time for each person to respond to the prompt at the station before asking everyone to move on to the next station.

6. Prompts:

- a. I am grateful for our team because...
- b. I am looking forward to our team...
- c. I enjoy this team because...
- d. A favourite memory with this team is...

- 7. Once everyone has had the chance to write at each station and respond to each prompt, gather the group together again.
- 8. If possible, have everyone sit in a circle.
- 9. Nominate four people to read each letter out.
- 10. End the session by asking the team to share how they feel after the activity and what they believe the impact of team gratitude could be in their context.