

Team Building Exercises

Sigma Chi 2 Minute Drill Ice Breaker

Ideal when Brotherhood Retreat occurs within a few weeks after Formal Pledging Ceremony.

OBJECTIVES:

Introduction to concept of interpersonal communication

Emphasize concept that “brother” has a connotation of family so we must have more meaningful conversations to discover what is in the hearts and minds of our brothers in order to help fulfill our obligation to assist them in their personal development.

Self reflection

INSTRUCTIONS:

Divide Chapter into two circles (inner circle facing outer circle).

Request each circle introduce self and shake hands with person across from them (particularly important if new Brothers-to-be participating in retreat).

Read question and tell them they have 2 minutes (total) for both to respond. “Your 2 minute drill begins now!”

After two minutes, blow whistle and ask inner circle to move to the right. Remind to introduce and give new question / discussion topic. REPEAT every two minutes until the entire inner circle has had an opportunity to have a 2 minute Brotherly conversation with each person in the outer circle.

QUESTION / DISCUSSION TOPICS:

Why did you pledge Sigma Chi?

Name a personal hero and why you consider him/her a personal hero.

Discuss family.

Your favorite movie and why?

Discuss a turning point in your life.

Discuss community service.

Your ultimate goal in life.

A fantasy.

If you could change one thing in the world, what would it be and why?

If you could change one thing in the Chapter, what would it be and why?

Discuss something you are sorry for.

Your favorite quote and why?

Discuss your favorite sports team.

Discuss your greatest personal achievement to date.

Discuss your family’s greatest achievement to date (besides you!).

What has been the Chapter’s greatest achievement within the past year?

Answer must be non-sexual – what can others do to make you happy?

(Note: Before moving on to next question, you may want to ask the Brothers and Brothers-to-be to remember what their partner for this question said and next time they see he is having a bad day do whatever he said would make him happy.)

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Your choice (participants may ask a question / topic already used or make one up).

If you could travel anywhere in the world at no cost, where would you go and why?

If money didn't matter, what would be your dream job / career?

Most people carry a sentimental object in their pocket or have one in their room. What do you keep and why?

(Note: give personal example. Deceased grandfather's pocket knife 'cause reminds me of him and our relationship...)

You just received \$1 million tax free. You may only keep up to 50% of it. What would you do with the \$1 million?

You must lose one of your five senses (sight, hearing, smell, speaking, touch), which would you give up and why?

You may create 1 law without the approval from Congress or the President's signature. What would that law be and why?

What was the best joke ever played on you or that you played on someone else?

What was the first impression you had of the person standing across from you and has that changed.

You may invite one person to dinner (past, present or future). Who would you invite and why?

What one thing would you "do over" in your life if you could?

You are stranded on an island for an indefinite period of time but may have one person join you. Who and why?

Discuss qualities and characteristics of a great leader.

Discuss a leadership quality you believe you possess and why you believe you possess it.

Discuss a leadership quality you wish to develop.

Of all the questions asked thus far tonight (excluding the "your choice" question), ask you favorite.

Discuss music (your favorite song or last concert attended).

FIRST IMPRESSION (see #25)

What do you want to be remembered for and why?

What do you want to be remembered for and what did you do last week to ensure that?

What do you want to be remembered for and what will you do this week to ensure that?

Discuss your hopes and dreams for the Chapter.

Discuss what you are going to do to help the Chapter reach those goals and dreams.

Discuss what you are going to do for Sigma Chi as an alumnus?

Note: Always use questions 36 – 41 as the last 6 questions.

Depending on the number of participants and the time allowed for exercise, you could keep dividing the circles until everyone has a 2 minute brotherly conversation with every other

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participant.

If numbers are uneven, either: ask two participants to act as one (so three people must answer each question within the two minutes), or ask an alumnus to join in

Leadership Qualities/Values Auction

OBJECTIVES:

Openly discuss personal values and how they collectively become the chapter's values

Discuss Sigma Chi values

Get brothers in the right mindset for values-based planning/decision-making

Self reflection

INSTRUCTIONS:

Break the chapter up into groups of 3-4 people.

Provide a list of Leadership Qualities/Values to each team

Each team is given \$10,000 to put respective dollar values on each item on the list for that team (what is most important to them). Allow 10 minutes for the teams to complete the task.

Come back together as a chapter and assess what you "value," discuss reasons why, and rank the values from top to bottom.

How do the relative values align with Sigma Chi values?