



## Team Building and Group Dynamics:

*How to ensure your Staff does not Hate each other at the End of the Year*<sup>1</sup>

**Summary of Workshop:** Group dynamics are an essential component to the success or failure of any team, group, or organization. With rigorous deadlines and stressful spans of time in our jobs, non-profit organizations, or student organizations tensions and problems invariably arise. If these issues are not properly addressed, it can often lead to intra-group fighting and discord hurting group productivity, efficiency, and morale. A cohesive and harmonious staff is some of the building blocks of a successful organization and business. Team building instills trust within one another, a sense of commonality and community, and more importantly the recognition of a shared purpose and mission.



The purpose of the workshop is work on improving staff dynamics through the use of improv exercises and techniques.

Participants will learn how to generate and create scenes with one another, listen to one another, and learn to laugh not only at themselves but at each other as well. The Utility Players will go over energizing warm-up exercises – such as Ninja and Zip Zap Zop - that could be utilized prior to any major meeting or during any retreat to alleviate

tension and bring the fun back to your business or student organization. The workshop is largely flexible in order for it to be catered to the specific needs of each group, organization, or staff.

At the end of the workshop team managers and group leaders will leave with a better understanding of the internal dynamics of their staff as well as be equipped with a number of exercises and activities to keep meetings energizing and engaging. Participants will leave with a greater appreciation for each other and also a greater understanding of peoples' professional limits and work capacity and know how to better support one another in the future. Email [theutilityplayers@gmail.com](mailto:theutilityplayers@gmail.com) for more information about this class and can benefit both individuals and groups.

---

<sup>1</sup> All classes are taught by Jessica Levity, Producer of the Utility Players and Executive Director of Homeslice Productions [[www.homesliceproductions.com](http://www.homesliceproductions.com)]. If you would like more information about the Utility Players and the trainings they offer check out our website at [www.utilityplayerscomedy.com](http://www.utilityplayerscomedy.com)

