

ACTIVITY: Gifts

Purpose

The purpose of this activity is to:

- To help participants recognize the positive attributes of employees.
- To help teams recognize strengths of other team members.
- Express appreciation of team members and build relationships.

ESTIMATED TIME

20 minutes

MATERIALS

Gift forms

Background

In order for teams to excel it is important to recognize the strengths individuals bring to the team. With a focus on patient care and productivity we sometimes don't take the time to express our appreciation for those gifts individuals bring to the table.

Gifts can be a particular skill a person has, a natural ability, credentials, network, or their personality.

This activity will help teams identify the gifts individuals possess and how they help the team strive.

Activity

- 1) Explain to the group that all individuals bring gifts to the team. Focusing on individual gifts is an important exercise for everyone to engage in.
- 2) Print out several Gift Forms to hand out to your team (create your own or use the template on page 3).
- 3) Give participants Gift Forms to complete.
- 4) Ask participants to write a short description of the gift the person brings to the team on the Gift Form.
- 5) Share responses as a group.

Discussion Questions/ Key Points

- Did you find this activity easy or difficult? Why?
- Who was the most difficult person to list gifts or attributes for and why?
 - Highlight that if individuals struggle to identify positive attributes it indicates a relationship that has room for growth.
- Who was the easiest person to list gifts or attributes for and why?

Let's Try This!

Try sending appreciation for the gifts that you see throughout the week. This could be weekly or daily.

Follow-up

Ask group to identify gifts they have noticed at the beginning or end of a meeting or event.

The Emotional Intelligence Activity Book 50 Activities for Promoting EQ at Work

Adele B. Lynn



Gifts

Think about each of your teammates as a gift. What do they give to the workplace? Remember to include skills, knowledge, values, or special attributes. List the person's name under the gift box. To the right list the person's gifts. Remember these can be very simple.



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