

Strengths and Weaknesses

Task	Each team will discuss individual strengths and weaknesses in order to heighten trust within the team.
Equipment	1 notecard per person <i>Strength and Weakness Activity</i> sheet <i>Strength and Weakness Table</i>
Set-up	Each team will find an area (away from the other teams) and sit in a circle. The leader will hand out a notecard to each member of the group and give approximately 5-10 minutes for them to write down 1-2 of their strengths and 1-2 of their weaknesses. While the participants are writing, the leader should pass out the <i>Strength and Weakness Table</i> . After everyone has finished, the leader will explain that everyone will read what he/she wrote on the card. The leader tells the group that they may comment on the person's strengths and/or weaknesses if they want to (i.e. Aaron, I agree that one of your strengths is encouragement. I remember seeing you encourage a teammate when...). The leader begins by asking one of the group members to read his/her notecard, then leaves time for everyone to fill in the <i>Strength and Weakness Table</i> and also for anyone to comment on the person's strengths and weaknesses. The leader continues on to the next person and when everyone has shared his/her strengths and weaknesses, the leader passes out the <i>Strength and Weakness Activity</i> sheet. The group discusses the questions.
Possible Framework	Trust is the foundation, the cornerstone, a MUST for all teams who desire to be exceptional. With this activity, it is always easy for participants to think of strengths because they are usually the most obvious. The challenge comes, however, when asked to also SHARE weaknesses. No one is as comfortable sharing things they aren't good at! One way to build trust among each other is to let one's guard down and open oneself up to sharing weaknesses. In this respect, the person is asking for help from his/her teammates. Because each team member is aware of other's weaknesses, there is an opportunity to fill in the gaps and cover up one person's weaknesses with another person's strengths.
Facilitation	The leader will follow the questions on the activity sheet in order to prompt thoughts and discussion within the group after sharing strengths and weaknesses.
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