

Strong Relationships Make Strong Teams



Because many of us are working from home right now, relationship building is an even more essential component of team building. We're not interacting in person, and communication from behind a screen can feel impersonal. Building and maintaining work relationships is key for remote teams.

When we have better relationships with our coworkers, we're more likely to go out of our way to help them. We see team members in a positive light and we're more likely to assist them, rather than just doing work because it's assigned to us.

Why is team building and relationship building important?

- After team-building activities, employees better understand each other's strengths, weaknesses and interests.
- More understanding helps employees work through changes.
- It can improve work and collaboration on future projects.

These webinars provide additional tips and tricks for leading teams remotely:

[Connecting Virtually Webinar](#)

[Lead Site Leading Remote Teams](#)



Our Top 5 Relationship Building Exercises for Virtual Teams

- 1. Aliens Have Landed:** The premise of this game is that space aliens have landed on earth and don't speak our language. Each team or team member must explain what their job is using only images and emojis. **Goal:** A fun way to use non-verbal communication to show the view each person or team has of their role.
- 2. Scavenger Hunt:** Each person has five minutes to find items in their home. The list of items should include things that relate to their work. For example, a Sutter employee might be asked to find bandages, homemade face masks and something with the Sutter logo on it. The first person to produce everything on the list wins. **Goal:** The list should reflect fun ways that work-related items can exist in the home. This can help with the concept of work/life integration.
- 3. Picture Share:** Share pictures of team members as kids. You can have the team guess who each person is. **Goal:** This type of share reminds us all of our humanity. Team members enjoy seeing managers and leaders as children because it shows a more personal side they don't usually see.

- 4. Recipe Roundup:** Share your best cookie recipe or favorite shelter-at-home recipes. Have a virtual potluck where team members are assigned recipes from other team members. Members can post pictures of their creations or virtually host the potluck. **Goal:** Creates connection through food, something that many of us miss when we're unable to socialize in person.
- 5. HGTV-Style Office Tour:** Take the team through a tour of your home office. You can do it live at the meeting or get creative and film before. For example, if your home office is only a small desk in the bedroom, "tour" that desk elaborately as if it were designed by an expert. Extra points for including pets and kids. **Goal:** This creates personal connection for the team as everyone relates to the challenges of working from home.

Get Support

Sutter Health EAP can help facilitate these and many more ideas. Have you tried some of these ideas and feel your team may need some additional support adjusting? Please contact us to request more information. EAP services are free and confidential.

For more information, visit sutterhealth.org/eap or call 800-477-2258.