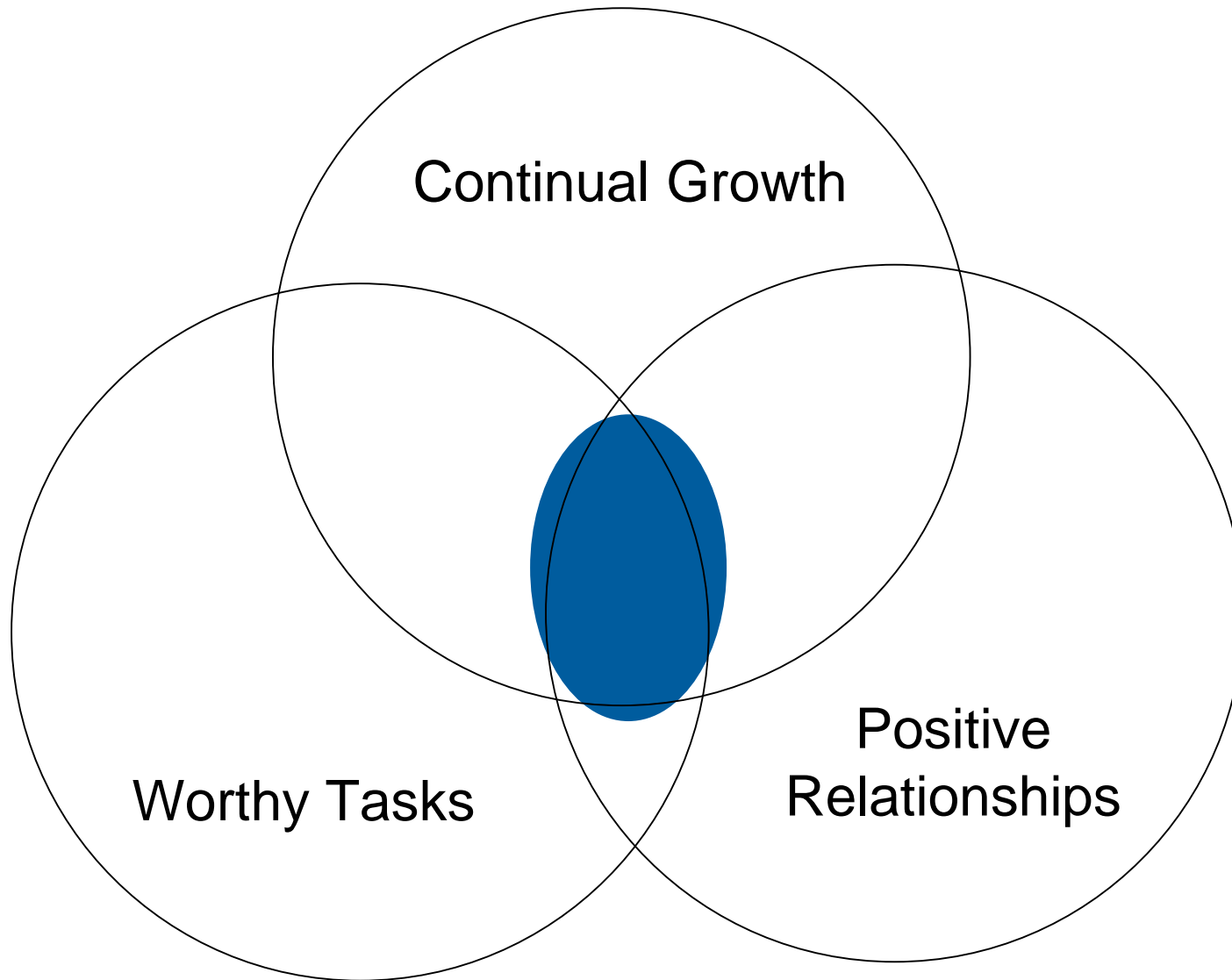




# **BREAKING THE ICE:**

How to Utilize Ice Breakers & Team Building Exercises for Stronger Engagement

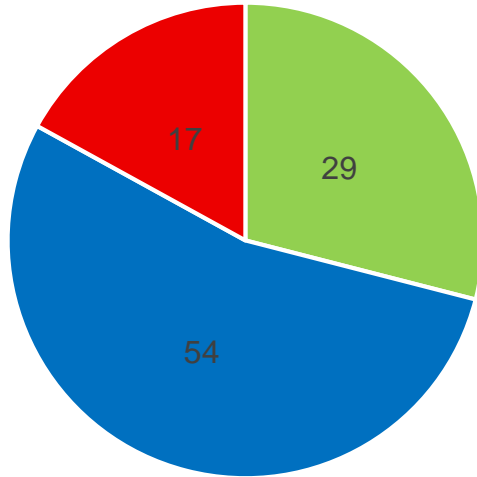
# Ideal 'Work' Environments



# A Few Statistics . . .

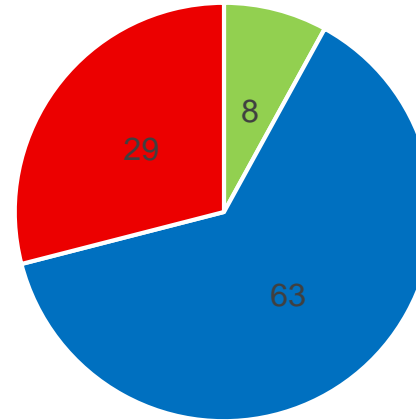
- Teenagers spend **1/3 of their time** with friends
  - Compared to **less than 10%** (on average) of adults
- 96% of employees with at least **3 close friends** at work reported that they were ***extremely satisfied*** with their lives and that the quality of their work life was **outstanding**.

## General Workforce



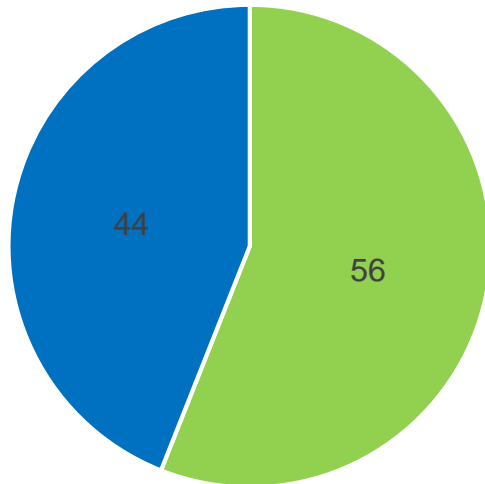
■ Engaged ■ Disengaged ■ Actively Disengaged

## Employees without a Friend at Work



■ Engaged ■ Disengaged ■ Actively Disengaged

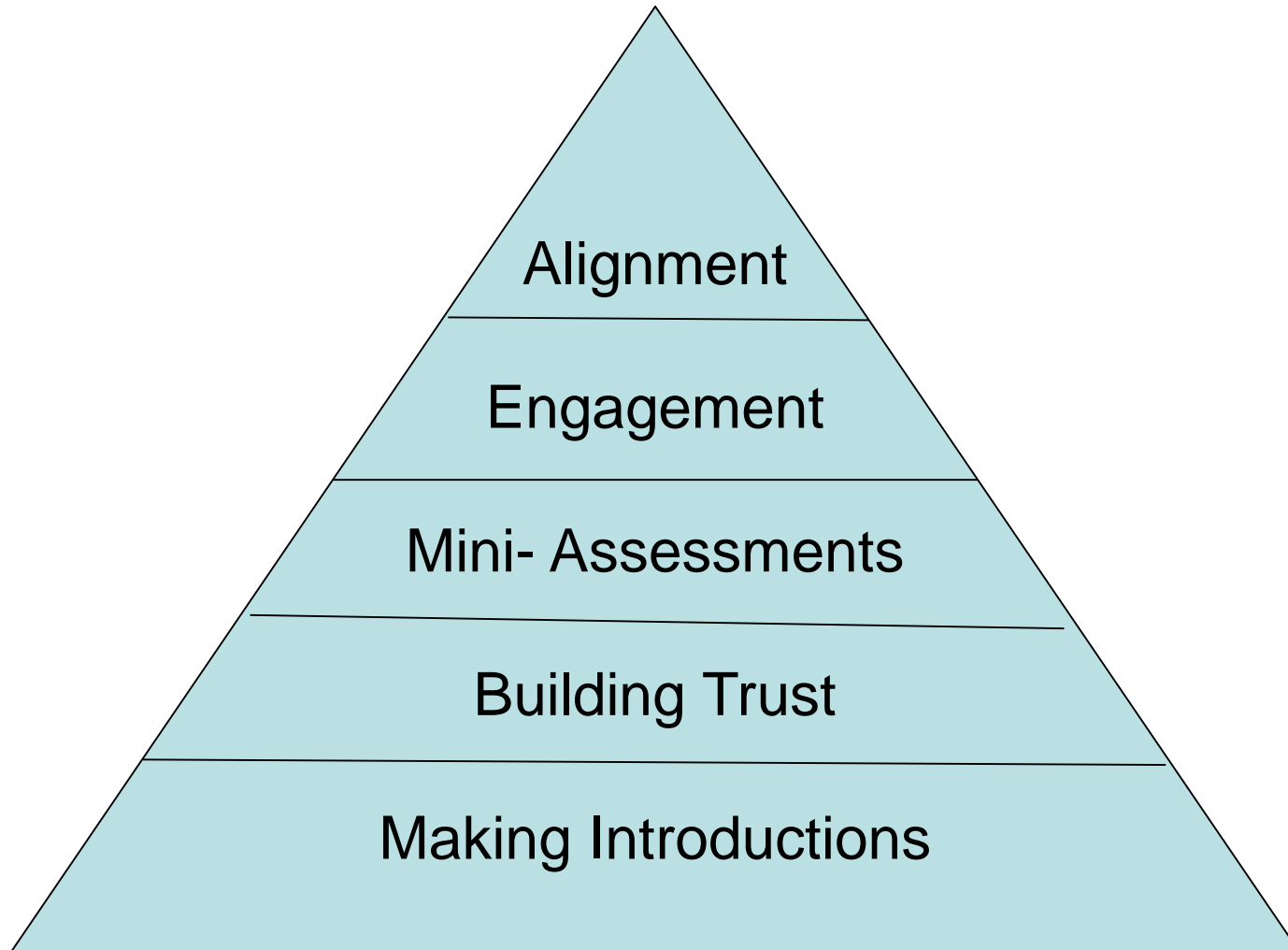
## Employees with a Friend



■ Engaged ■ Disengaged or Actively Disengaged

**Takeaway:**  
Organizations can benefit by helping individuals create positive relationships!

# Icebreaker Overview



# Basic Debrief Questions

- What was the process like for you?
- What did you notice?
- What surprised you?
- What new insights do you have after completing this activity?
- What patterns or trends did you notice?
- How does this activity connect back to \_\_\_\_?
- Does anyone want to add anything else?

# Tools to get you started . . .

