

Winner / Loser Team Building Exercise # 20

Objective: Reframe negative situations into learning experiences together.



Steps :

- All team members divided into pairs.
- Partner A shares something negative that happened in their life with Partner B.
- It can be a personal or work-related memory, but it has to be true.
- Then Partner A discusses the same experience again, but focuses only on the positive aspects. Partner B helps explore the silver lining of the bad experience.
- Afterward, they switch roles.

<http://www.ventureteambuilding.co.uk/team-building-activities/#creative>Add a little bit of body text