



# HELIUM STICK

## FACILITATOR GUIDE





# Team-building Workshop: Helium Stick

## Introduction

Team building is an important step each team should take to ensure success during the Toastmasters year. The following activity will assist participants in building a strong, healthy team.

## Overview

This activity involves participants working in teams to complete a task that sounds relatively simple, but requires teamwork and communication to accomplish.

## Objectives

After completing this session, participants will be able to do the following:

- Explain the importance of a well-functioning team
- Apply the lessons they learned to their roles

## Materials

- One helium stick per team
  - PVC pipe or dowel long enough for all participants to stand next to it while facing each other
  - A hula hoop works for groups of six or less
- PowerPoint

## Group Size

- Teams of four to 15 participants

## Setting

- Large room with tables for each team and a large area in which all team members can line up

## Time

- Approximately 30 minutes

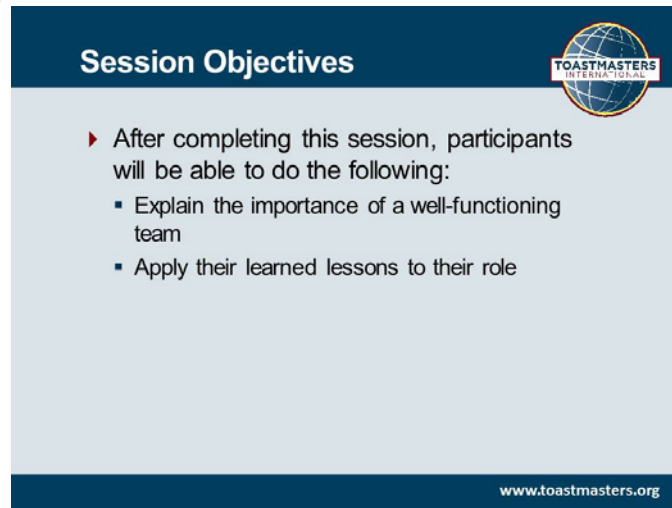
## Process



1. SHOW Helium Stick Workshop slide as participants enter room.



2. SHOW Session Objectives slide.



3. PRESENT

- After completing this session, you will be able to do the following:
  - Explain the importance of a well-functioning team
  - Apply the lessons you learned to your role

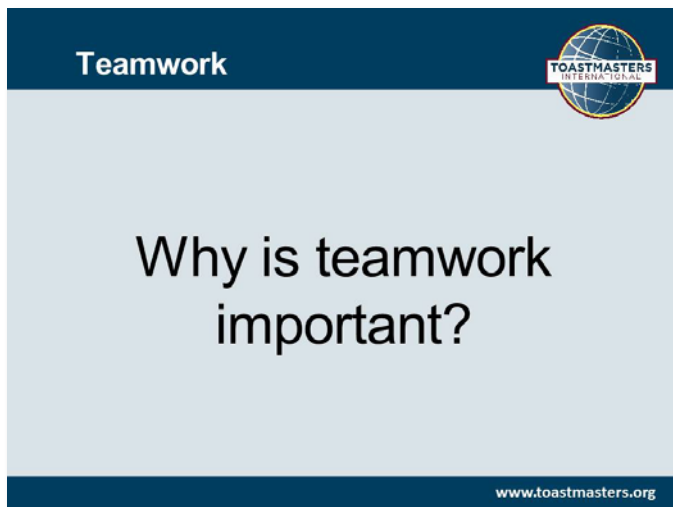
## 4. PRESENT

- A well-functioning team requires communication.
- Effective teamwork is essential.

## 5. SHOW the Teamwork slide.



## 6. SHOW the Why is Teamwork Important? slide.



## 7. ASK

- Why is teamwork important?
  - When more points of view are considered, it results in a more well-rounded and complete final product.
  - It supports an empowered way of working because team members can depend on one another.



- It promotes a sense of achievement and camaraderie.
- It creates a motivated workplace.
- It allows efficiency and speed.

**NOTE TO FACILITATOR**

For teams with more than six people, use a helium stick and instruct participants to line up in two rows facing one another, holding out both arms and pointing their index fingers.

For teams with six people or less, use a hula hoop and instruct participants to arrange themselves in a circle, facing inwards, holding out both arms and pointing their index fingers.

Once participants have arranged themselves appropriately, you will place the helium stick or hula hoop on top of their fingers. Participants should only be touching the stick, not grabbing or pinching it.

8. INSTRUCT participants to arrange themselves according to the facilitator note.
9. TELL participants what you are doing as you place a helium stick on their index fingers, adjusting their arms until each participant's index fingers touch the helium stick.
10. TELL participants that, when you tell them to begin, they have five minutes to lower the sticks to the ground using the following rules:
  - Each participant must be in contact with the stick at all times.
  - You may not pinch or grab the stick.
  - If you break a rule, your team must start again.
11. INSTRUCT participants to begin.
12. TIME five minutes.
13. INSTRUCT participants to be seated.
14. ASK
  - How did the team function?
  - What were your team's strengths?

5 minutes



- What were your team's frustrations?
- How can you apply what you learned from this challenge to your roles in Toastmasters?

15. DISCUSS for 10 minutes.

16. TIME 10 minutes.

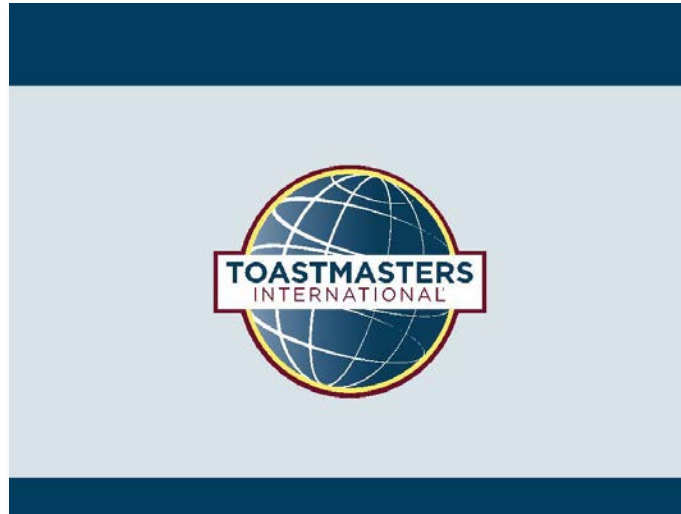


10 minutes

## Conclusion



1. SHOW the Conclusion slide.



2. PRESENT
  - Working together will help your team achieve success.
  - Remember what you've learned today as you complete your term.
3. INSTRUCT participants to share something they learned from this session with another participant.