

# TEAMBUILDING with The MAiZE™

## Self-Facilitation Guide

Your team is about to venture into the incredible The MAiZE and you want to maximize your teambuilding experience. Here are some ideas...

### **Going through The MAiZE™**

There are at least two phases to this maze. During the first phase, attempt to navigate the maze yourself, answering the questions in the Teambuilding Passport as you go. Take note of *how many wrong turns* you made and *how long it took* you to complete this first phase. When you are finished with phase one, wait for your team members. While you are waiting, jot down a few notes in the space below about how you felt while “going it alone.”

In phase two, divide your group into teams of 4-8 people, and again navigate the course, this time using all of the team members working together to answer the Teambuilding Passport questions. Take note of how many wrong turns you made and how long it took you to complete the journey. When you are finished, jot down any thoughts that came to mind about doing this task collaboratively. Hold onto this information until your group is ready to sit down and discuss the activity.

Notes:

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### **Trust and Communication**

Go through the maze again with a partner from your team. During phase one, blindfold one of the partners. The other person will be the guide and, without touching the blindfolded person, talk them through phase one of the maze. (If this takes too long, you may take your partner’s hand and guide them through.) Immediately after finishing this phase, take a few minutes to record your thoughts.

During phase two, reverse the roles and continue. Immediately after finishing, take a few minutes to again record your thoughts. Keep your notes until you convene with the entire team for discussion.

Notes:

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## **Team Discussion**

Find a quiet place to locate your team to discuss your journeys through The MAiZE™, then discuss these questions:

1. Share some of your notes about “going it alone” through the maze. What were you feeling and thinking? Was the journey easy or hard?
2. Share some of your notes about going through with your team members. Were the results better or worse? Were your decisions on directions improved by collaborating with your team members?
3. Share your notes and thoughts about going through the maze blindfolded...then as the guide. What did you learn about yourself and your partner? What did you learn about communication and trust?
4. What did you learn today about collaboration and working together that you can apply in your daily life and work?