

Quick Team Igniter Guide



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This or That

Your Quick Team Igniter Guide

1. Objective

To spark **conversation**, build **camaraderie**, and **energize** teams by exploring **personal preferences** in a **fun** and **interactive** way.

Audience: Global or Local

Time Required: 5-10 minutes

What You Need:

- A **virtual meeting platform** (e.g., Zoom, Teams) with video or verbal participation options.

2. Tips for Success

- **Keep It Light:** Remind participants that there are no right or wrong answers—it's all for fun.
- **Tailor to Your Team:** Choose questions that resonate with your group's interests and culture.
- **Lead by Example:** Share your own answers to encourage participation.

3. How to Play

1. Set the Stage:

- a. **Introduce** the activity by saying: *"Let's kick things off with a quick round of **This or That!** I'll present two options, and you'll choose which one you prefer. Feel free to explain your choice if you're feeling bold!"*

2. Pose the Questions:

- a. Read **one This or That question at a time**. Participants can answer:
 - i. **Verbally** (ideal for small groups).
 - ii. By **raising hands** to indicate their choice.
 - iii. Using **emojis** or **typing their answer** in the chat for larger groups.

3. Encourage Interaction (Optional):

- a. Highlight **interesting** or **unexpected** answers and **ask** for **explanations**:
 - i. *"Why is morning coffee winning over tea so overwhelmingly?"*
 - ii. *"Someone chose silence over music - tell us your secret to focus!"*

4. Wrap Up:

- a. **Conclude** the activity by **saying**: *"Thanks for sharing your preferences - now we know who's a night owl and who's dreaming of working from a tropical island. Let's channel this energy into today's work!"*

4. Common Questions:

- a. **Morning** meetings or **afternoon** meetings?
- b. Work from **home** or work from the **office**?
- c. **4-day workweek** or **unlimited vacation**?
- d. **Virtual** brainstorming or **in-person** whiteboarding?
- e. A **standing desk** or a **cozy chair**?
- f. **Quick** emails or **long** meetings?
- g. **Flexible** hours or **fixed** schedule?
- h. **Video** calls or **chat** messages?
- i. **Leading** a project or being **part of the team**?
- j. Detailed **planning** or **diving in** and figuring it out?

5. Quirky Questions:

- a. Work from a **beach** or work from a **cabin** in the mountains?
 - b. Unlimited **snacks** or unlimited **coffee/tea**?
 - c. Always work **barefoot** or always work in a **formal suit**?
 - d. Write emails only in **emojis** or only in **bullet** points?
 - e. Meetings with **pets** in the **background** or meetings with **virtual filters**?
 - f. Work with your **favorite fictional character** or your favorite **celebrity**?
 - g. Always be 5 minutes **early** or 10 minutes **late**?
 - h. Have your work reviewed **live** or **recorded**?
 - i. Use only a **tablet** or only a **flip phone** for work?
 - j. Work in **complete silence** or with non-stop **background music**?
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6. Why it Works

- **Quick & Easy:** No preparation or special tools required.
- **Universal Appeal:** Everyone loves sharing their preferences, and the questions are easily relatable.
- **Connection Builder:** Sparks conversation and helps participants learn more about each other in a lighthearted way.

Try it in your next meeting and watch the energy (and laughs) flow!

For more engaging team-building activities, connect with me at *The Unexamined Mind*.