

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**?

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.*