

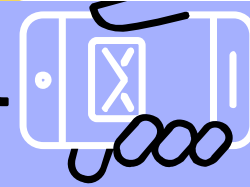


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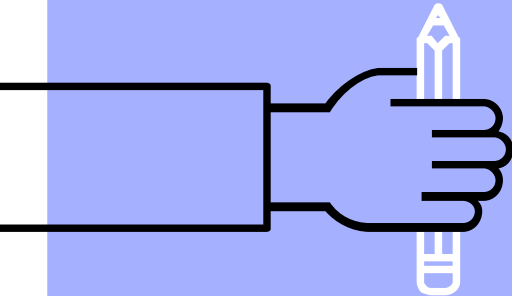
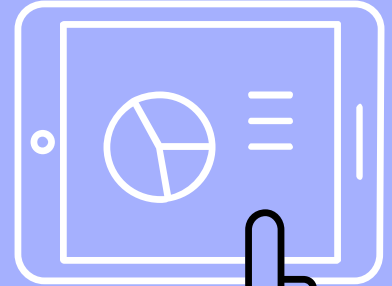


BEEHIVE

Mentoring &
Coaching
Activities

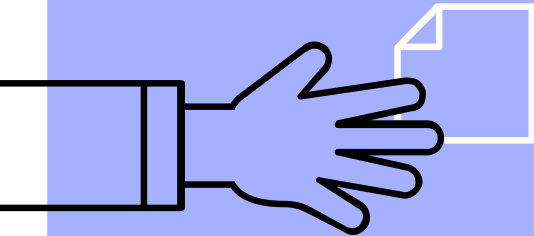
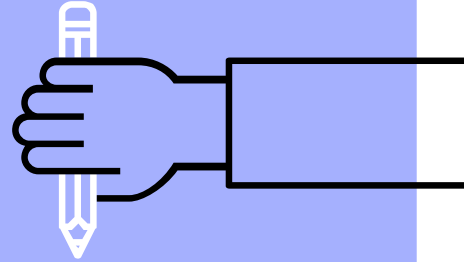


Team Building
Activities



1.

MENTORING & COACHING ACTIVITIES



Activity 1: Roles of a Mentor

Objective:

- ✓ To identify qualities of effective mentors
- ✓ To explore roles that mentors can play

Length:



About 30 min.


Materials needed:

Pen & paper, white (or black) board

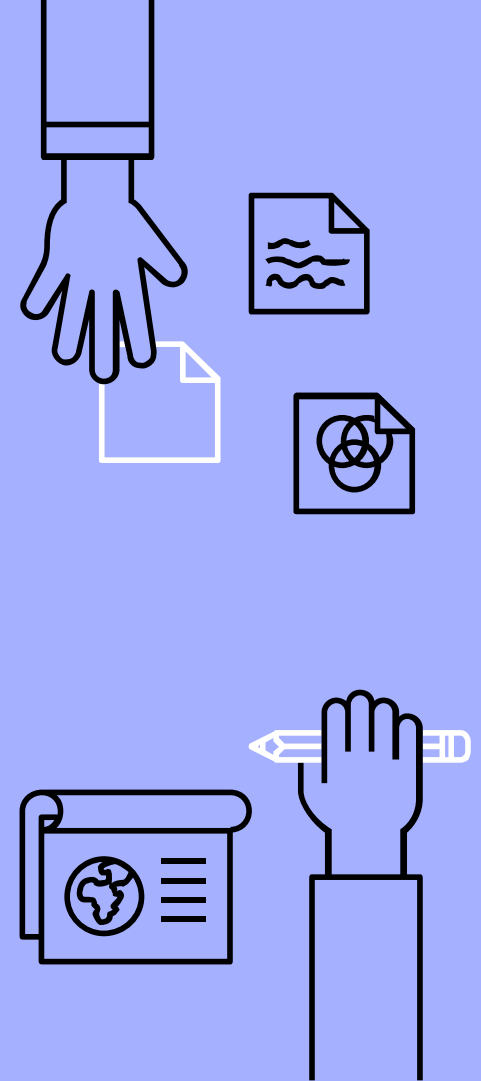
INSTRUCTIONS

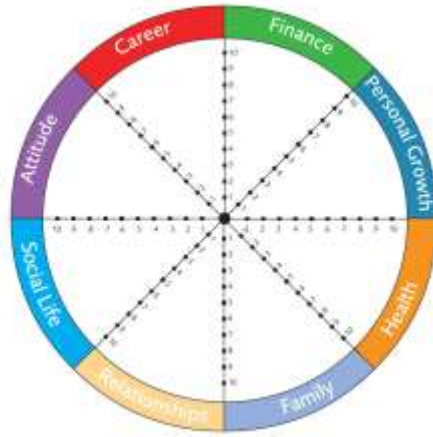
Think back to your student years. Identify and write down:

-  One person, preferably someone who is not a relative, who was a kind of mentor for you
-  Think about why that person was important to you and the result of that person's interest

 Recall the qualities of that person that made him/her so valued and write down two or three of these qualities.

**Are there any qualities that are mentioned by many people?
How can they be categorized?**





Activity 2: The Wheel of Life



Activity 3: Who am I

Objective:

- ✓ To help participants begin to know each other
- ✓ To provide an experience similar to the first session with the mentee

Length:

About 30 min.

Materials needed:

Pen & handout

INSTRUCTIONS

- Form pairs with people you do not already know.
- Use the handout to have a conversation and introduce yourselves to each other (10 min.)
- Introduce your activity partner (1. min)

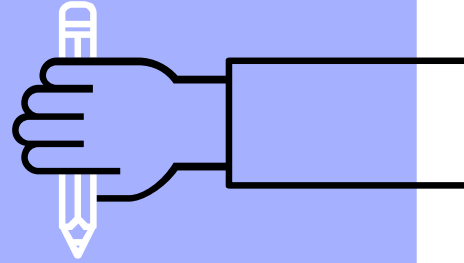
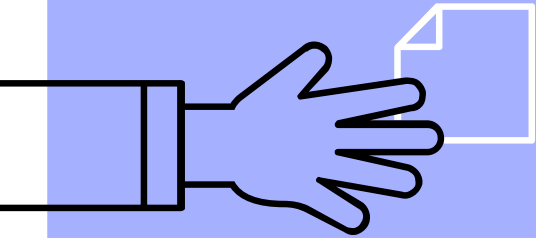


Activity 4: The Jar of Life

[https://www.youtube.com/
watch?v=cMBM7K_yHog](https://www.youtube.com/watch?v=cMBM7K_yHog)



2. TEAM BUILDING ACTIVITIES



Activity 5: Marshmallow Challenge

Objective:

- ✓ To encourage creative problem solving
- ✓ To encourage collaboration and teamwork

Length:




About 25 min.

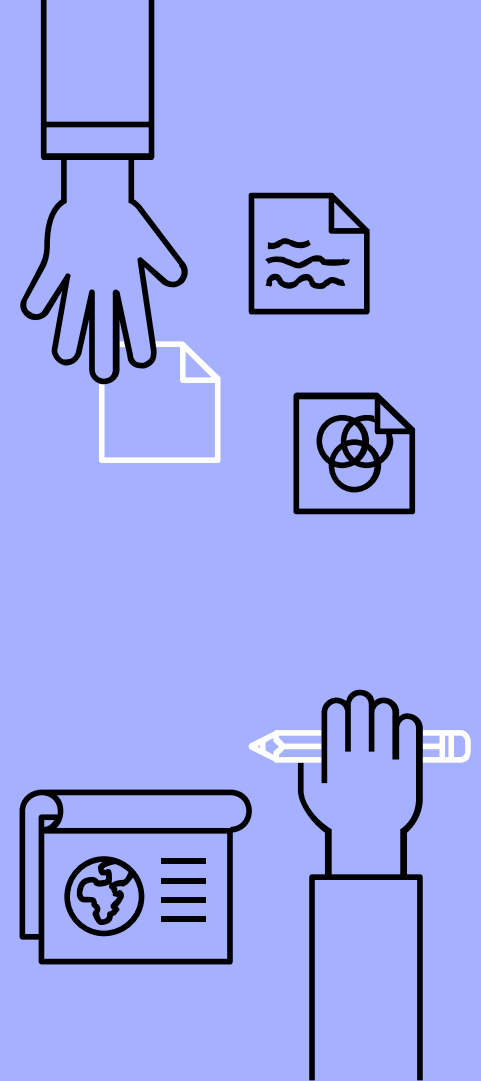
Materials needed:

20 sticks of uncooked spaghetti, 1 roll of masking tape, 1 yard of string, and 1 marshmallow for every team.

INSTRUCTIONS

Using the materials provided you must build a structure to support the marshmallow. The team with the highest standing marshmallow wins!

-  The structure must be able to stand on its own
-  You can try as many times as you like within the time limit
-  The structures must be build in 18 minutes.



Activity 6: Minefield

Objective:

- ✓ To improve communication
- ✓ To encourage team problem solving

Length:

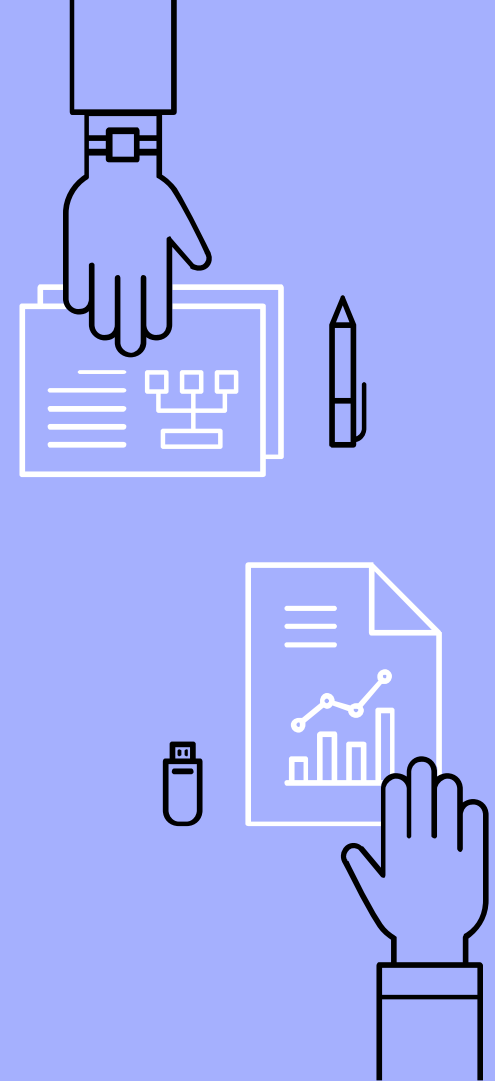
About 30 min.

Materials needed:

An empty room or hallway, and a collection of common office items

INSTRUCTIONS

- Use boxes, office chairs, water bottles, etc. to create an obstacle course of "mines" within an empty space.
- Form teams and choose one member to be blindfolded (he / she will brave the minefield).
- The other members must guide that person from one end of the course to another without setting off any mines.
- The team members guiding their teammate cannot enter the course and must only use verbal instructions.



Activity 7: Plane Crash

Objective:

- ✓ To improve communication and collaboration
- ✓ To improve negotiation skills

Length:

About 20-30 min.

Materials needed:

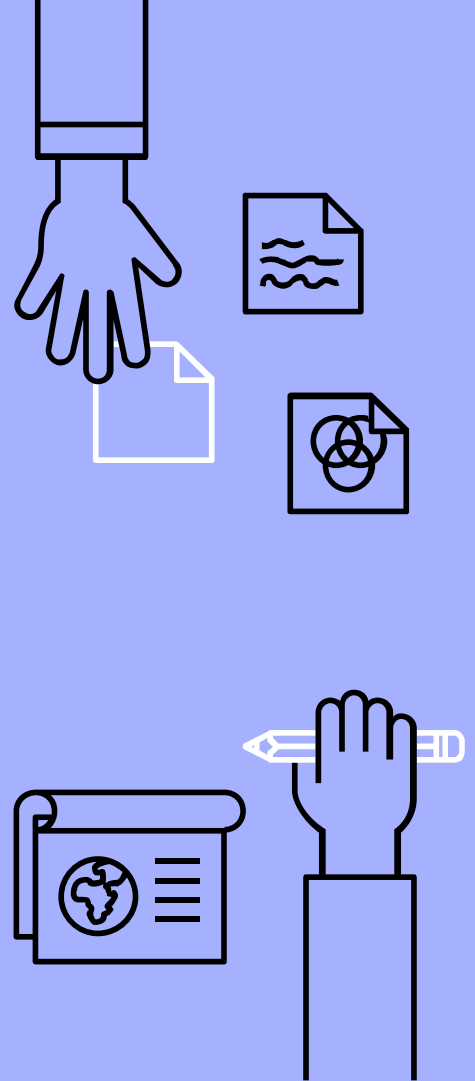
nothing



INSTRUCTIONS

Imagine this: the plane carrying your team has crashed on a desert island. Have your group work with 12 items from around the room that they think would be most useful in their survival, ranking each item in order of importance.

Each team member must make their selections first and then have the group discuss and come to a consensus.



Activity 8: Company Logo

Objective:

- ✓ To help the team communicate better
- ✓ To help team members know each other better

Length:

About 20-30 min.

Materials needed:

Pen & paper

INSTRUCTIONS

- Create your company coat of arms
- Draw something that reflects your company values
- Include something that represents where you see the company going in the future.
- Hang your Logo in the wall



THANKS!

Any questions?

