

ACTIVITY TRADING EXERCISE

Purpose

The purpose of this exercise is to stimulate discussion and raise awareness of how activity trading can be adopted to improve individual and collective performance

Method

As a group:

1. Select one of the 9 Team Roles you would like to use for this exercise
2. Describe a work activity that the Team Role you have selected would be very uncomfortable undertaking.
3. Decide which Team Role you feel would find the activity described in 2 to be most appealing and motivating.
4. Complete the exercise by describing an activity that the Team Role you selected under 3 would be uncomfortable with but would appeal to the Team Role you selected under 1.

Appoint someone to record and report back your conclusions to the main group.

Time Allowed

15 minutes.

© *Barrie Watson 2010*