



# Team Building Activity

## *Speed Networking*

### **Focus Area:** Well-being Activity

**Description:** Speed Networking is an easy activity to help a group of individuals get to know each other. In this activity, participants will spend one-minute rounds asking others health and wellness-related questions.

**Length of Activity:** The length of this activity will be dependent on the number of individuals participating in the activity. For example: If you have 20 employees at a meeting, it will take ~10 minutes to complete all Speed Networking rounds, and ~15 minutes total to facilitate the entire Team Building Activity.

**In-person or Virtual:** This activity is best conducted in-person.

### **Materials Needed:**

- Speed Networking questions, printed
- Business cards (optional)

### **Directions:**

1. Ask participants to count off by ones and twos, then pair up.
2. Use a timer to conduct one-minute rounds of Speed Networking.
3. Once a round is over, ask the twos to move to next person on their left (clockwise).
4. Repeat steps 2 and 3 until all pairs have spoken to one another.



## Speed Networking Questions

***Don't forget to introduce yourself!*** (Share your name, title, department/division, etc.)

- Tell me one inspirational quote you like and why.
- What is your favorite way to be active?
- How do you spend your lunch break?
- If you could do anything on your lunch break, what would you do and why?
- How do you cope when you feel “stressed out”?
- What’s the last thing you did just for yourself?
- If I were to look in your desk drawer right now, what snacks would I find?
- Have you tried a new recipe lately? If so, what recipe was it?
- What’s on your workout playlist right now?
- What’s one goal you’re working on right now?
- What health-related activity have you enjoyed at the State? Why?
- What would be the best prize to receive in a health challenge?
- What’s the best piece of health/wellness advice you’ve ever received?



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