

Q) Define team Building

⇒ Team Building is a collective term for various types of activities used to enhance social relations and define role within teams, often involving cooperative tasks. It is distinct from team training, which is designed by combine of business managers learning and development (internal or external) and HR Business Partner to improve the efficiency, rather than interpersonal relations.

over time, these activities are intended to improve in a team-based environment. Team building is one of the foundation of organization development that can be designed to groups such as sports team, school classes etc. The formal definition of team building includes:

- aligned around goals.
- Building effective working relationship
- reducing team members role ambiguity.
- finding solution to team problem

Self - Actualization needs

Self Actualization refers to the need for personal growth and development that exist throughout your life. If you are self-actualized you work hard to grow and become who you want to be in life and reach your full potential.

Characteristic of a self Actualization Person

1. Problem - centered
2. Highly creative
3. Takes responsibility and works hard
4. Strong moral / ethical standard
5. Honest and avoid pretense