

SEMINAR (Re)Team Day



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9AM

Ice breaker

Emotional Weather & Story Card

Learning Objective

- Encourage individual expression from the very start of the day, without pressure.
- Create a relaxed and human-centered atmosphere upon arrival.
- Spark genuine conversations around personal work experiences.

Flow of the Activity

Upon arrival, participants are invited to:

- Grab a coffee or tea in an informal setting,
- Pick up cards from the table and use them to create an "emotional weather" card

10:15AM

HR Puzzle

Learning Objective

- Identify each team member's strengths, needs, and complementarities.
- Lay the foundation for smoother and more intentional collaboration.

Flow of the Activity

Each person receives two sticky notes and answers two simple questions:

1. What I bring to the team (skill, attitude, value...)
2. What I need from the team to feel good / work better

The sticky notes are then placed on a board.

Together, the team can:

- recognize each other's strengths
- potential areas for support
- identify a plan to address needs

Tip: This simple activity can lead to meaningful conversations – and time to offer an open discussion time after reading the notes.

Collaboration Time

- Let the focus settle after two introspective activities.
- Encourage spontaneous conversations around what was shared.
- The manager can simply observe or join the discussions, without formality.

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You've just seen a preview! The full version
is available in our shop — with all the
resources ready to use:

<https://www.frogsandroos.com/shop>