



## Parklands SMU participate in team building

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**Date and time:** Fri, 2018-05-25 12:31

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On 25<sup>th</sup> May 2018, Parklands SMU staff came together for team building and bonding activities. Part of the University performance contracting, requires each unit to take its staff for team building activities out of the normal working station.

Team building is a collective term of various types of activities used to enhance social relations and define roles within terms often involving collaborative tasks. The team building facilitates better communication and team work in organizations.

These activities that were undertaken made the members to understand each other's strength, weaknesses and interests. Members of staff realized that they need each other to progress in their daily activities. The understanding makes them work together on future progress of our University.



Parklands SMU Manager, Dr. Collins Odote led the staff through the team bonding activities which included an aerobics session, before forming teams. They embarked on different activities and games which included; football, tug of war, racing, dance and singing games.

Dr. Odote emphasized on the need for staff to work together irrespective of their social or cultural background. Towards the end, there was a cake cutting session, courtesy of the manager, as this day happened to be Dr. Odote's birthday. At the end, the staff looked energetic, charged and happy.

Socializing and making friends in the workplace is one of the best ways to increase productivity in the office. After completing the teamwork activities together, members felt better and appreciated each other's effort.

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Attachment	Size
<a href="#">Parklands SMU team building 2018.doc</a> [9]	27 KB
<a href="#">Parklands_SMU_team_building_2018.PDF</a> [10]	285.6 KB

**Source URL:** <http://swa.uonbi.ac.ke/content/parklands-smu-participate-team-building>

### Links:

- [1] <http://swa.uonbi.ac.ke/category/image-galleries/2018-swa-photos/parklands-smu-team-building-25-5-18>
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