

## **Team Building Exercise**

On June 23, 2017, the members of staff from the University of Nairobi, Kisumu Campus participated in a team building activities at the Tom Mboya Labour College. The event was organized by the Centre for Self Sponsored Programmes (CESSP) and the Kisumu Campus Management as part of the Performance Contract requirement. It provided an opportunity to rekindle the team spirit and oneness among staffs of the Campus. The aim of the activity was to enhance social relations and bonding within the staff members. The participants were taken through various activities that helped them to understand each other's strength, weaknesses and interests within their line of duty. The facilitator brought out clearly the relevance of team work, trust and understanding among team members, effective communication, problem solving and conflict resolution by giving simple activities that helped each other to see the implications of these virtues at the work place and members were urged to practice them for future progress of our Campus.

Socializing and making friends in the workplace is one of the best ways to increase productivity in the office. It also allows for officers to work better solving everyday workplace issues. After completing teamwork activities together members felt motivated and appreciated each other's effort towards realizing the strategic objectives of the Campus.