

A Rose & a Thorn

At the start of a team meeting, each member shares a High & a Low from last week.

What You'll Need



Access to a virtual meeting platform such as Zoom or Ring Central

What You'll Do

Every person on your team has their own unique challenges and triumphs. By allotting time to discuss these feelings, you can help foster community.

Start your team meeting by having everyone share their Rose (any positive that makes them feel grateful, happy, etc.) and also their Thorn (a challenge). A rose can be work or non-work related along with their thorn.

This sharing of “highs and lows” is a time for your team to learn more about each other. It also allows them to offer support and encouragement.

To keep team meetings focused, limit this sharing to 1-3 minutes per person unless extenuating circumstances merit more discussion and support. Allot the first 10-15 minutes of the meeting for this activity, followed by team business.

What You'll Gain



**Breaking the
Ice**



**Relationship
Building**

Check out the Learning & Development website,
<https://humanresources.columbia.edu/learning-development>
for additional resources.