

## **Meet My Artifact**

This is an activity you and your team can do together to better connect if you are establishing new relationships or to maintain and deepen connection if you and your team have already been working together for a long time.

At least a few days before the meeting, let everyone know that they need to select an artifact to share with the team. When I facilitate this activity with teams, here is the prework I send them:

*Please bring an “artifact” to share with the team. Your artifact can be something meaningful, sacred, symbolic and/or a past-connection of significance. A picture, a tool, jewelry, clothing, a book are all possibilities. It may help to imagine that your house is on fire. Everyone is safely out of the house including pets. If you had time to run back in and grab only one object, what would you grab to make sure it survived?*

At the meeting, you will be invited to share the artifact with the group and the story of what makes it meaningful and important in your life.

At the meeting, just invite everyone to share their artifact with the group and the story of what makes it meaningful and important in their life. At a minimum, I would allow for 5 minutes per person. If your team is working remotely, everyone can simply hold their artifacts up to the camera as they talk about it.

That’s basically it. Be sure to have a box of tissue handy as people often surprise themselves with how emotional they get as they describe their artifact! And, others may find themselves surprised at how touched they feel while listening to others share something so meaningful to their lives.

After everyone has shared their artifact, ask the group what they are taking away from the experience and how they believe it will improve teamwork and communication moving forward.