

Team Activity

Sheena Greco
Principal Educator
NHS Education for Scotland



www.belbin.com

Dr Meredith Belbin 1969 discovered nine clusters of group behaviour - called 'Team Roles'.

The most successful teams are made up of a mix of these behaviours.

Teams need all nine behaviours to become a high performing team.

Most people will have two or three Team Roles that they are most comfortable with.

Each Team Role has equal importance.

You can complete a Belbin Self-Perception Inventory which then generates a [Belbin Individual Report](#)

Team task – 10 minutes

Build a tower using the spaghetti and marshmallows provided.

A prize will be given for the tallest tower.

Look at the Belbin team roles again.

What role did you play in the group?

Was it your usual role or did you adopt another role?

Share your thoughts with the person next to you.