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Research Result Summaries

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### The Perceptions of a Season-Long Team-Building Intervention With A Collegiate Men's Hockey Team

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## The Perceptions of a Season-Long Team-Building Intervention With A Collegiate Men's Hockey Team

The purpose of the current study was to implement various team-building interventions with a collegiate men's ice hockey team over the course of their season. The team-building interventions utilized a personal disclosure mutual-sharing (PDMS) approach to foster candour and collaboration amongst the team members and the research team. The participants consisted of three team captains and the head coach ( $N = 4$ ). Using semi-structured interviews, participants were asked about the benefits and improvements in regards to the team-building interventions. In terms of benefits, the results indicated consultant support led to a variety of outcomes including enhanced leadership, communication, cohesion, and performance. Further, participants indicated that by increasing more team members into the leadership (e.g., decision-making) concerning the team-building interventions would decrease perceived hierarchies amongst the team members and ultimately increase cohesion. By increasing the number of team members in the development of the team-building interventions, opportunity for feedback would increase their effectiveness.