

Team Building Program

Duration:
45 minutes per activity

ACTIVITY 1: Icebreaker Key Element: Communication Skills

- ▶ Foster open communication among team members.
- ▶ Encourage active listening and sharing of personal experiences.
- ▶ Develop a comfortable and open atmosphere within the team.

ACTIVITY 2: Problem-Solving Challenge Key Element: Collaboration

- ▶ Require team members to work together to solve a complex problem.
- ▶ Emphasize the importance of leveraging diverse skills and perspectives.
- ▶ Promote brainstorming and innovative thinking.

ACTIVITY 3: Trust-building Exercise Key Element: Trust and Vulnerability

- ▶ Engage team members in activities that require vulnerability and sharing.
- ▶ Highlight the significance of trust in fostering strong team relationships.
- ▶ Encourage team members to open up and build interpersonal connections.

ACTIVITY 4: Decision-Making Game Key Element: Decision-Making Process

- ▶ Present scenarios that require the team to make decisions collectively.
- ▶ Focus on consensus-building, negotiation, and compromising skills.
- ▶ Help the team understand the dynamics of making group decisions.

ACTIVITY 5: Role-Playing or Simulation Key Element: Adaptability

- ▶ Put the team in a scenario where they must adapt to unexpected changes.
- ▶ Reinforce the importance of flexibility and adjusting to new circumstances.
- ▶ Showcase the team's ability to handle challenges with a positive attitude.

ACTIVITY 6: Strengths Assessment Key Element: Self-Awareness and Appreciation

- ▶ Have team members identify and share their individual strengths.
- ▶ Help team members recognize and appreciate the skills each member brings.
- ▶ Strengthen team cohesion by acknowledging everyone's contributions.

ACTIVITY 7: Communication Workshop Key Element: Effective Communication

- ▶ Provide training on active communication techniques and non-verbal cues.
- ▶ Address potential barriers to communication and how to overcome them.
- ▶ Enhance team members' ability to convey

ACTIVITY 8: Reflection and Goal Setting Key Element: Continuous Improvement

- ▶ Have the team reflect on the entire team-building experience.
- ▶ Discuss lessons learned, areas of growth, and strengths observed.
- ▶ Set actionable goals for applying the lessons to their daily work dynamics.

EVENTS: Social Events Play a Crucial Role in Team Building by Promoting Trust, Improving Communication, Reducing Stress and Boosting Morale.

- ▶ Social events are predominantly held on a Friday.
- ▶ Fully curated.
- ▶ Live professional entertainment is provided (Comedian is most popular)

