

## TEAM BUILDING

Non-Credit Bearing

**When we work together, we perform better!**

**Team Spirit is the feeling of pride and loyalty that exists among the members of a team and that makes them want their team to thrive or to be the best.**

Our interactive 1-day course is designed to help create and build a great team spirit. Through a day of roleplay, games and discussions, team members will need to trust, collaborate and support each other and through these mediums will realise the full potential of their team.

The object of the day is for them to connect with each other and learn new skills, whilst having fun doing this in a meaningful way, learning through the activities and seeing the concepts in action.

### **Format**

The day will be broken into sections containing elements of theory, discussion and activities to consolidate the ideas.

Delegates will be divided into mixed groups – managers, supervisors, team leaders and associates - allowing them to connect and learn across the full spectrum.

The day will begin with an introduction explaining that the focus will be on having fun and enjoying themselves, learning about themselves and their team along the way.

The day will wrap up with a conclusion - bookending the experience to discuss the achievements from the day's activities. With debriefs after each module, so that the teams know what the purpose and meaning was from each section and activity.

PTO for table contents

*One-day course 08:30 -16:00*

*Tel: (031) 267 1229*

[sales@kznbtcc.co.za](mailto:sales@kznbtcc.co.za) / [www.kznbusinesstraining.co.za](http://www.kznbusinesstraining.co.za)

**Table of contents:**

<b>Module 1 – Company Values</b>		
Theory content	Practical content	Required from client
<ul style="list-style-type: none"> <li>• What are values?</li> <li>• Why are they important?</li> <li>• How do Values drive our behaviour?</li> <li>• Can we recognise our values?</li> </ul>	<p>Each group will be issued with artistic supplies and instructed on the activity relating to “values”.</p> <p>There is no wrong or right, simply interpretations.</p> <p>Each group will have a turn to explain their artistic interpretations to the group</p>	<p>List of the company values and any documents around this</p>
<b>Module 2 Communication skills</b>		
Theory content	Practical content	Required from client
<ul style="list-style-type: none"> <li>• Understanding the importance of how we communicate with each other, the role it plays in our performance.</li> <li>• Basic model of communication</li> <li>• Transactional model of communication</li> <li>• Speed of trust</li> </ul>	<p>Teams will be advised on the specifics as well as the strict rules set out for this activity. They will need to solve many clues.</p> <p>The object of this activity is on improving collaboration – with the realisation that they can only move towards the solution at the speed of the slowest member.</p>	<p>Access to the venue prior to session in order to set up and observe venue</p>
<b>Module 3 – role play</b>		
Theory content	Practical content	Required from client
<p>Value of connection and working together to come up with a good idea, decide roles, have a meaningful message and have some fun.</p>	<p>Role plays will be set for each team, and preparation time allowed for them to decide how to express in a fun and informative manner the task – to illustrate their understanding.</p>	

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