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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Creative Team Building Ideas For An Enjoyable Event!**

**By Shane Williss**

One of the greatest challenges in organising team building events is the need to instil creativity in the activities implemented. It is a fact that coming up with fresh ideas yourself is painful and time consuming. What's more, team building activities have to be aligned with the corporate objectives of holding the event in the first place.

Nevertheless, if you already have some idea of what you want to achieve, you can then check out the following creative team building ideas and even expound from them. This makes your task easier, and also provides you with some basis to work with.

**Joining Instructions (An ice-breaking activity)**

Get people into groups of between three to ten people. In team clusters, instruct all teams to work together to join several parts of their body parts together. For instance, four hands, two wrists, six knees and one thumb. The first team to complete the exercise will shout "joined" to the activity facilitators. It is up to the event organiser to come up with increasingly challenging commands for the teams and also to tabulate scores for a winner.

**The Personality Tree (Team bonding and personality determination)**

In groups of between three and five, distribute pens or markers with paper to each team member. Next, get them to draw a tree depicting the roots, trunk, branches, leaves, buds, flowers, thorns and fruits. Each area of the tree symbolizes the following personality areas:

Root: beliefs or influence Thorns: challenges Leaves: sources of information Branches: connections and relationships Fruit: achievements Buds: ambition and ideas Truck: stability Flowers: strengths and specialities

In a team, discuss all these areas with one another, taking care not to be judgemental but instead provide constructive inputs. As a team building event organiser, you are free to customise the exercise with other elements such as birds and bees, or other items such as dead branches and leaves.

## Creative Team Building Ideas For An Enjoyable Event!

### Collecting Autographs (Team building, association and creativity)

Draw a grid of boxes on a piece of paper and develop copies of it to be distributed to each of the team members. Give everyone a pen of different colour, and get them to draw a matchstick image of themselves on the first box with their signatures at the bottom. Then, within a time span of 5 minutes, let everyone go around the room collecting autographs and matchstick drawings from others. It's best that each person get to know one another better before moving on. Stop the exercise at the end of 5 minutes and single out the person with the highest number of signatures. Get him or her to describe each person that the signature resembles on his or her sheet. You will be surprised at the answers!

These activities are just a glimpse of other activities that would make your team building exercise a success.

Chillisauce specialises in unique and unusual corporate events, and company team building days in the UK and abroad. For more information, visit

<http://www.chillisauce.co.uk/corporate-events/>

### **Evaluating Your Team Building Activities**

**By Brett Danielson**

Team building has become one of the newest buzz words in the corporate lexicon. In fact, for at least the last decade surveys of business leaders in every industry have shown that the prime characteristic they look for in new hires is the ability to work with a team. And why not? Research has shown that when people work in teams, they can accomplish far more than a group of individuals working together. But not all team building activities are created equal. Over the last few years, some industry experts have leveled criticism at the 'quick-fix' attitude that has been adopted by many companies who attempt to create or sponsor their own team building activities.

In order to be effective, say experts in corporate teams, a team building event must:

– Be integrated with real work goals.

o It's not enough to plan a fun day of activities for your team. The team building event that you plan should help focus the members of the team on what's not working and what needs to happen for the team to work together.

– Be part of an overall company goal.

o Plan team building activities and events as part of the company's overall plan for success. That means more than just a one off event to go buggy riding. Team building events should be an ongoing, annual or semi-annual event.

## Creative Team Building Ideas For An Enjoyable Event!

- Be planned by a team. o After all, the goal is to promote teamwork. The planning team should model the behavior that you expect it to promote.
- Be followed up with real work integration.
- o A one off event that has no follow up in the work world will be seen as a holiday at best – and a cynical attempt at manipulation at worst. To be meaningful, team building efforts must continue beyond the event day.
- Be reinforced by rewarding teamwork and team behavior.
- o Once you have a team that's working as a team, you need to reinforce that behavior by rewarding it. Recognition of teams that are working exceptionally well, special corporate events to mark team accomplishments and notice in the company newsletter are all ways to reinforce and reward teamwork within your company.

If planning an event that will do all that seems daunting, keep in mind that there are companies who make this their business. A company like that specialises in building team activities can offer your company custom team building activities that are designed to help your employees and coworkers focus on the importance of working together as a team.

Brett Danielson works for

[www.chillisauce.co.uk](http://www.chillisauce.co.uk)

, a leading UK tour operator that specialises in

planning unique

<http://www.chillisauce.co.uk/corporate-events/>

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