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## 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.
- 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.

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– 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.

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[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/>

and

<http://www.chillisauce.co.uk/team-building-weekends>

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### **Adventure Team Building - The Fun Way To Success**

**By Tina Gamvros**

Adventure team building is a great way to infuse your company with new life - with a breath of fresh air! This type of team building activity incorporates many of the elements you find in traditional corporate events but accomplishes them through outdoor activities and more adventuresome games.

Many companies offer adventure team building activities to serve a wide range of functions. A wide range of activities is usually offered so you can choose the one that will strengthen the values that are

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core to your business. Some events can last for a few hours, while others might last a few days and can accommodate up to 500 people at a time.

And you won't believe how many activities from which you can choose. Some include: archery, rock climbing, kayaking, raft building, zip wires, mountain biking, sailing, night walks, fishing, horse riding, mountain expeditions, kite building and flying, barbecues, camping, and backwoods skills.

Adventure team building is perfect if your company requires events that will really offer a change of pace to your team, get them out of the office and learning new skills through a variety of different means. Adventure activities can invigorate a group of people and help them bond better than any other experience.

Perhaps better than any other corporate event, adventure team building improves communication problems, strengthens leadership skills, and helps with problem-solving, decision-making and teamwork.

Adventure events are held in a wide variety of locations and venues, so you can choose what works best for your company. Resorts, conference centres and parks are just some of the places where adventure team building can take place. And many organizations can custom-build a corporate adventure for you that is designed to develop the specific skills required by your employees.

Adventure team building is also an excellent way to celebrate a success story and reward your team for a job well done. This will help to continue the success, boost future team performance and increase morale. Whether you choose a helicopter ride or a camping experience in the woods, when everyone in the office feels motivated, energized and excited about work, more success is definitely on the horizon.

For a list of team building events visit chillisauce at

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

Chillisauce is a fully bonded tour operator with a wide range of adventure team building packages and corporate team events.

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