

# TEAM DYNAMICS

Team Dynamics is a broad and varied collection of team interventions, games and exercises all designed to test the ingenuity, creativity, agility, problem solving powers and communication skills of individuals and teams.

It is specifically designed to be challenging, fast paced, fun, competitive, flexible and thought provoking.

As a series of activities it can be used piece-meal throughout an event or conference day or as a single, stand alone block of activity lasting anything from 1 hour to a full day. It works brilliantly to motivate, for having fun, for bonding teams, for exploring communication, for promoting exceptional performance and is always presented in a light hearted and competitive fashion.



## **DURATION:**

1 hour – Full day

## **THEMES:**

Teamwork, networking, competition, fun, entertainment, problem solving, creativity, self-limiting beliefs, personal impact

## **ENVIRONMENT:**

Indoor, seated, standing, meeting room, conference, outdoor.

## **FUNCTION:**

Team Building, networking, people development, leadership.

