



(003587769-K)

Persiaran Mayang Pasir
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Course Name:

Team Building Program

Synopsis

A team building program is a structured initiative designed to enhance collaboration, communication, morale, and productivity within a group of individuals working together toward a common goal. These programs typically consist of various activities, exercises, and workshops aimed at fostering trust, improving interpersonal relationships, and developing key teamwork skills.

What You Will Learn

- Goal Setting
- Communication Skills
- Trust Building
- Problem Solving
- Conflict Resolution
- Feedback and Reflection

Who Should Attend

Work Teams, Leadership Teams, Newly Formed Teams, Diverse Teams, Remote Teams, Stressed or Dysfunctional Teams and High Performing Teams

Prerequisite

N/A



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Course Methodology

- Interactive Sessions
- Group Activities

Course Duration

2 days - 9am - 5pm

Course Structure

Session 1: Improved Communication

Enhanced communication skills among team members lead to clearer messages, better understanding, and more effective collaboration.

Session 2: Enhanced Collaboration

Team building programs encourage collaboration by emphasizing shared goals, mutual accountability, and leveraging each other's strengths.

Session 3: Strengthened Relationships

Team building activities provide opportunities for team members to get to know each other on a deeper level and develop rapport.

Session 4: Improved Problem Solving Skills

Team building activities that involve problem-solving exercises help team members develop critical thinking skills, explore different perspectives, and generate innovative ideas.

Session 5: Enhanced Leadership Skills

Through activities that require decision-making, delegation, and taking initiative, individuals can strengthen their leadership capabilities and contribute more effectively to the team's success.

Session 6: Increased Motivation and Morale

Team building activities that are enjoyable, meaningful, and inspiring can boost morale, foster a sense of belonging, and create a positive work environment.

Session 7: Build Loyalty, Honest and Sense of Belonging

Team building is a place to clarify the team's purpose, vision, and mission so that a team can have a mission towards the same goal!

Session 8: Discussion & Reflection

- Group Discussion
- Presentation
- Program Reflection

AGENDA

DAY 1

- 9:00 –10:00 am –Ice-Breaking*
- 10:00 –10:30 am –Morning Tea*
- 10:30 –11:00 am –The Maze*
- 11:00 –1:00 pm –Roller Coaster*
- 1:00 –2:30 pm –Check in/Lunch/Solat*
- 2:30 –3:30 pm –Scavenger Hunt*
- 3:30 –4:30 pm –Outdoor Games*
- 4:30 –4:45 pm –Tea Break*
- 4:45 –5:00 pm –Summary*
- 8:00 –10:00 pm –Corporate Dinner (if any)*

DAY 2

- 9:00 –10:00 am –Block Building*
- 10:00 –10:30 am –Morning Tea*
- 10:30 –12:30 pm –The Bridge*
- 12:30 –1:00 pm –Reflection*
- 1:00 –2:30 pm –Check Out/Lunch/Solat*
- 3:00- 4:00 pm –Photo Session (if any)*