



(003587769-K)

Persiaran Mayang Pasir
Bayan Baru, 11950
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Course Name: **Team Building Program**

Synopsis

LET'S GET TOGETHER entails facilitating collaboration among a group of individuals to achieve their objectives. It is indispensable for organizational advancement. Effective team-building sessions integrate exciting experiences with appropriate tools to assess analytical, lateral thinking, and creativity in both work and life. Emphasizing active lifestyle and personal development, our straightforward approach tailors strategies to suit each individual's path toward accomplishing personal and team objectives.

What You Will Learn

After completing this program, your EMPLOYEES will gain the ability to:

- Understand the significance of building rapport with colleagues in the workplace.
- Enhance individual productivity and performance through heightened awareness.
- Cultivate positive changes in attitudes, appearance, and actions toward the organization.

Upon completion of this program, your EMPLOYER will achieve the capacity to:

- Effectively guide individuals and teams in recognizing the value of their roles for personal growth.
- Boost the profitability and performance of the organization/company.
- Foster quality communication and rapport between employer and employees.



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Who Should Attend

Anyone looking for a relaxing and fun session with their team/colleague.

Prerequisite

N/A

Course Methodology

- Physical and Group discussion activities
- Via Active Learning Face to Face
- Interactive Gamification activities
- Experience sharing & Simulation Activity
- Conducted in both Language Bahasa Malaysia/ English

Course Duration

2 day(s) 9am - 5pm

Course Structure

Session 1: Ice Breaking

- YOU AND I
- OPEN -MINDED and GET TO KNOW
- Togetherness in gaining achievement

Session 2: Communication

- Friendship/Break The Rules
- To Improve Effectiveness of TEAM COMMUNICATION
- Believe in yourself and your team members.

Session 3: Team Work (Leadership)

- Me or We / No. 1 in Team/ Together We Can!
- Be Open in GIVING and Accepting Opinions
- Maintaining work harmony.

Session 4: Team Work (Be The Best)

- Bringing Out The Best/Believe in You
- Believe in Yourself and TEAM MEMBER
- Innovative in performing tasks
- No delaying of tasks.

Session 5 : Problem Solving (Take Charge!)

- Break The Pattern / Team Work Activity
- Be WISE in performing tasks
- Being a Reliable employee.

Session 6 : Dynamic Team (Team Efficiency)

- Take Charge Toward Team
- Better People Make People Better



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- Maintaining Work Harmony.

Session 7 : Relaxation Activities

- Aqua Group Fun Activity/ Water Aerobic
- Fitness Kick Start.

AGENDA

DAY 1	
TIME	ACTIVITY
10.00am – 10.30am	Registration Participant Welcome / Program and Safety Briefing
10.30am – 11.30am	ICE BREAKING – YOU AND I - OPEN -MINDED and GET TO KNOW - Togetherness in gaining achievement
11.30am – 1.00pm	Communication (Culture Belief) – Friendship/Break The Rules <ul style="list-style-type: none"> • To Improve Effectiveness of TEAM COMMUNICATION • Believe in yourself and your team members.
1.00pm - 2.30pm	Lunch Break/ Prayer / Check-In Hotel
2.30pm - 4.30pm	Team Work (Leadership) – Me or We / No. 1 in Team/ Together We Can! Be Open in GIVING and Accepting Opinions Maintaining work harmony.
4.30pm- 5.00pm	Tea Break
5.00pm - 6.30pm	Aqua Group Fun Activity/ Water Aerobic or Fitness Kick Start.



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DAY 2

TIME	ACTIVITY
8.30am – 9.00am	Registration / 2 nd day briefing Activities
9.00am – 10.30am	Team Work (Be The Best) - Bringing Out The Best/Believe in You Believe in Yourself and TEAM MEMBER Innovative in performing tasks No delaying of tasks.
10.30am – 11.00pm	Tea Break
11.00am – 1.00pm	Problem Solving (Take Charge!) - Break The Pattern / Team Work Activity - Be WISE in performing tasks - Being a Reliable employee.
1.00pm – 2.30pm	Lunch Break
2.30pm – 4.30pm	Dynamic Team (Team Efficiency) - Take Charge Toward Team - Better People Make People Better - Maintaining Work Harmony.
4.30pm - 5.00pm	Debrief & The End Day 2