

Exercise to Build a Strong Team

There are many different kinds of office team building exercises that can be used to help improve your company's internal communications, morale, trust, and cohesiveness. Team building exercises are undertaken in a spirit of fun, but also play an important role in strengthening your ability to function as a unit.

Team building exercises can be used occasionally, such as to augment your annual general meeting, or on a more regular basis to help maintain productivity. They can also be used as a form of crisis management, such as to help address fears during a period of change, or as a response to a need for radical restructuring in order to meet the challenge of a new competitor, for example. Team building is useful for introducing new employees, strengthening ties between existing staff, or as a fun way to bring together individuals who don't often interact.



Having the members of your team work together in any endeavor that takes them out of the ordinary office realm can be an interesting exercise in communication and cooperation. To facilitate this, consultants often organize activities that use arts, sports, games, or any structured form of interacting that requires teamwork. In some cases this creates a visible, or otherwise tangible example of what you can accomplish together — such as each person playing a percussion instrument that all together creates a piece of music; linking arms to create a chain that demonstrates the importance of each individual link, and so on. In other cases, the activity requires brainstorming and the combined effort of all to solve a problem.

The dual purpose of having fun and learning together makes for a day that is relaxing and enjoyable itself, as well as providing lasting results as you develop your skills as a team. A large amount of research has gone into the development of specialized programs, books and services that can help your company achieve its productivity goals and improve employee relations. The wide variety of creative solutions offered includes everything from cooking together, to outdoor adventures, scavenger hunts to simulations of extreme sports ...Take some time to explore the possibilities and find new ways to enhance your office environment.

Browsing the websites of consultants is a good place to start to find some fun ideas you can implement yourself, or with the help of a professional. Most programs are designed

for maximum flexibility and can be tailored to meet the needs of almost any group, large or small. Incorporate some creative team building into your next boardroom meeting, or be extra adventurous and arrange for some outdoor activity. The return on investment is not something to take lightly. The benefits of maintaining an enjoyable work atmosphere includes improved mental and physical health, higher productivity, and more. Find out what the right team building exercises can do for you.