

Teambuilding Skills

Activities

These activities are ideal when forming new groups. They allow the group to recognize each other's skills and strengths and identify where they fit into the group most effectively. They provide high-impact learning, increase team skills and communications, improve morale and productivity. These experiences are invaluable as students complete challenging tasks that stretch and challenge their interpersonal skills. Team building allows people to return to their own environments reinvigorated, determined and motivated to succeed.



Problem Solving
Conflict Resolution
Team work
Communication
Leadership
Organisation



Why Teambuilding Skills?

Being able to recognize the skills that you possess or need to enhance is no easy task. These experiential learning activities allows individuals to enhance these skills in a practical sense and honestly reflect on how to improve them and link them to real life situations. Being able to work within a team effectively; recognize other people's roles and the skills and strengths they possess, is essential to being more productive and to continuously developing oneself.

Duration - 2 hours to full days