



# Team Building Action

## 'Tournament of Champions'

## Team Building Action

Team Building is a work philosophy where participants are seen as members of interrelated groups and not only as individual members. Team Building consists of a set of dynamics aimed at understanding how these groups function and behave.

### Why **Team Building**?

- It improves interpersonal relationships within the company.
- It helps groups improve their internal cohesion.
- Promotes training and integration of the human resources from a dynamic approach.
- Promotes individual and group communication and confidence.
- Strengthens cooperation, tolerance and respect.
- Promotes, develops and improves leadership attitudes.
- Increases creativity and flexible thinking.
- Encourages experiential learning.
- Increases flexibility in the achievement of skills and abilities.
- Improves overall group performance in fun and relaxed environments.
- Improves productivity compared to other groups where members only act as individuals.
- Increases innovation and competitiveness of organisations.

## Team Building action & Leadership

- It encourages a goal-oriented attitude and keeps the team on track towards the goal.
- It fosters trust among team members, offering leadership responsibility and assigning responsibility to other team members.
- It trains the leader in skills and abilities related to team actions and conflict resolution in groups.
- Provides spaces to work on prioritizing actions and objectives and keeping the team focused.
- Fosters a leader who recognizes the strengths and weaknesses of his or her group and provides appropriate feedback.

## What is Team Building Action about?

Team Building Action is a station-based tournament where each team must compete and score points in different games and activities. Both physical and intellectual skills are developed, always based on teamwork. This dynamic fosters cohesion and strengthening of the groups together with the achievement of learning in a fun and relaxed environment.

### 1. Initial Briefing

Team Building Action will be in charge of carrying out a series of integrating games from which the working groups will be formed. These activities are important as an ice-breaker among the participants and to achieve good interpersonal communication. Once the groups are established, they should identify and introduce themselves to the other teams. Once the groups are defined, the COMPETITION will begin in an enjoyable and entertaining environment for all.

### 2. Let's get into action!

Each team will compete against a different opponent at each station. All groups will go through all games. The team with the highest score will win.

## The musketeers: One for all and all for one

In this game the team has to move using the shifting stones in search of their "treasure", then they have to get over the floating sticks and return inside the giant caterpillars to the "island" of origin. This activity improves communication, motivation, teamwork and socialization, role assignment, team confidence.



## Human skiing

In this combined game the teams have to travel together on skis and return on giant rafts to the starting point. The team that crosses the finish line first wins.

This type of activity improves coordination and communication between group members and the sense of identity with the group. Attitudes of leadership, cooperation and solidarity towards the group can clearly be detected.



## Mine seekers

In this activity the teams will be divided into two, some team mates will have to collect 'bombs' of their team's colour in a defined field, guided and directed by the team mates who are outside that space. They will have to place the bombs in their corresponding bags and the team that manages to collect them all first will be the winner.

This activity encourages communication, motivation for teamwork, strategies, trust in others and collaboration to achieve a final goal. The role of the leaders is key in planning and developing strategies to win the game.



## Giant wordsearch (outdoor/indoor activity)

In this dynamic, groups will have a fixed amount of time to collect giant letters and form meaningful words and sentences. There will be three phases in which the groups will compete to score the most points with the letters they use.

Once they have done this, they will have to use the letters they have collected to make a final sentence.

This game encourages the development of both practical and intellectual skills, where the achievement of the objectives depends on all members and effective group work, before time runs out!



# All for the King and Queen

Activity in which a team will have to protect the king who is being attacked and bombed by another team, they will have to get him to safety by moving him to a safe place and to achieve this they will have to carry out different tests while moving him, preventing the king from being attacked while he is being moved will be the team's job.

In this activity they work on team coordination to move the king, leadership to know who will have the protective shield and who will be the king, communication and motivation will be other qualities they will have to show to achieve the objectives, on the other hand, another team will have to design strategies to get the bombs to the king and who will pick up the loads again, in this activity they work on communication, leadership, teamwork, cooperation, trust and integration. Everyone will have to do their best in a highly entertaining and fun activity.



## Feedback y Final Farewell

Each team will briefly comment on their experiences, feelings, strengths and weaknesses as a group, and share in front of other groups. The group feedback helps the participants to understand their behaviour, emotions and areas for improvement. At the same time it is discussed how they can transfer this to other areas of their lives, especially in the work environment.

Finally, through a group game, the Team Building staff ends the day.



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