



Culinary Team Building

"Master Chef"

Culinary Team Building

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 & 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 **Culinary Team Building** about?

Culinary Team Building is an activity where each team must develop a starter, a main course and a dessert. Both physical and intellectual skills are developed, always based on teamwork. This dynamic fosters cohesion and the strengthening of groups, together with the achievement of learning in a fun and relaxed environment. In order to be able to develop the gastronomic activities, participants must take into account: teamwork, group creativity, fluid communication, respect for their peers, organization and order.

"Team Cuisine"

- Presentation of ingredients and method of preparation of the starter.
- Establish preferred ingredients and provide a team order.
- Presentation of the ingredients and method of preparation of the main course.
- Establishing the preferred ingredients and providing a team procurement.
- Working on the preparation of the main course
- Presentation of the ingredients and method of preparation of the dessert.
- Work on the preparation of the dessert
- Dessert eating
- Summary of the activity: feedback from the coaches, mutual thanks. Closing with group activities.
- The menu of the event includes: – Welcome drink – The ingredients of the appetizer – The ingredients of the main course – The ingredients of the dessert
 - In addition, if there was such a need, participants could use replacements for the main course base (because they are vegan, for example). The workshops are led by an experienced chef. The participants will be divided into teams, each of them supervised by the chef (lead chefs). The whole event is supervised by the Team Building Uruguay coordinator.

Culinary Team Building "Master Chef" is a unique opportunity for participants to get to know each other, discuss, cooperate, solve conflicts and reach a goal, in a fun and playful environment.



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