# GET ME UP EVENTS

TEAM BUILDING - ANNUAL DAY & DAY OUTING

## What We Learn in Team Building?

- ► Team-bonding and connecting with people
- Increasing Trust and strengthening relationships for higher productivity
- Breaking silos: within and between teams/departments/locations
- Understanding team roles and interpersonal-dynamics
- Accountability and using feedback as a developmental tool
- ► Cohesiveness; Empathy and its impact on interpersonal relationships
- ► Getting rid of "blame games" taking ownership and responsibility
- Communicating assertively, eliminating groupthink, and delegating tasks

## Importance of Team Building?

- BUILDS TRUST
- REGULATES COMMUNICATION
- INCREASES PRODUCTIVITY
- BRINGS PEOPLE TOGETHER
- FOSTERS CREATIVITY AND LEARNING
- HEALTHY COMPETITION
- MAKES PEOPLE MORE ACCEPTING
- RESOLVES CONFLICTS
- EMPLOYEES CAN ACQUIRE SKILLS
- IMPROVES COMPANY CULTURE

## List of Best Team Building Activities

- HOOLA HOOP RACE
- COIN BALANCING
- BALL RACE UP & DOWN
- GLASS PYRAMID
- MAKING OF THE SKYSCRAPER
- COASTER RUN
- BURST THE BALLON
- MAKING LINE WITH OWN STUFF
- PASS THE MESSAGE
- Q & A SESSION'S And many more...



GET ME UP - MARKETING FOR VISION (813C, JAINA TOWER-1, DISTRICT CENTER JANAKPURI, NEW DELHI-110058) CALL US: 9810974532, EMAIL: info@getmeup.in, Website: www.getmeup.in

#### **OUR VALUABLE CUSTOMERS**

















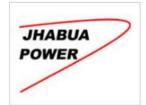
































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# THANK YOU!