

# GET ME UP EVENTS

TEAM BUILDING - ANNUAL DAY & DAY OUTING

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

# 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...



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## OUR VALUABLE CUSTOMERS



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# THANK YOU!

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