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Today's top 5 outcomes of team building revealed

The top five outcomes sought from team building activities today are fun, effective communication, trust, collaboration and adapting to change, according to leading team building facilitator Michael Cromie.

Cromie, General Manager - Team Building, Corporate Challenge Events, said team building activities have long been associated with fun and contributing to a positive team culture.

"Fun is still a key outcome of team building however organisations seek broader results today," said Cromie.

"From my experience working with small business right through to multinational corporations, these include effective communication, trust, collaboration and adapting to change."

Cromie outlines why these are the most popular five outcomes today:

1. Fun

"Team building activities help people get to know each other in a fun, social and non-work environment. They help to boost morale, build relationships and ultimately contribute to a positive workplace culture. Some of our most popular team building programs focused on fun and relationship-building are City Scramble, CCTV Music Awards, Fugitive and Minute To Win It."

2. Effective communication

"Being able to communicate in the most effective way is critical for any team. It's important that you outline to your team building provider any specific communication problems to address so the right activities that are focused on these problems can be included. For example, we have an activity called Secret Message which shows the importance of being accurate and concise in delivering messages."

3. Trust

"Appreciating the importance of trust goes a long way to creating a healthy and successful team. Doing team activities that pose problems outside the workplace will show how the team reacts and uses trust in each other to find solutions. Team building programs where trust plays a big part are Risk Reward, Safe Crack and Mission Impossible."

4. Collaboration

"Having the ability to collaborate to achieve a goal is a priority but a challenge for most teams. The best way to maximise collaboration in a team activity is for the group to work in their normal teams but collaborate with other teams to complete a challenge. This will help teams adapt to different situations and collaborate with different people to achieve a desired outcome. Some of the best team building programs for collaboration are Bikes For Tykes, Formula One Kart and Flat Pack Frenzy."

5. Adapting to change

"We live and work in a world of constant change. It's those that embrace change that remain viable highlighting the importance of teams to adapt. The best way to tackle this in a team building exercise is for teams to experience situations where rules, time frames, environments and people change, requiring them to adapt to be successful. Survivor, Art In A Day and Risk Reward are great team building programs where adapting to change is a necessity to complete the challenges."

Corporate Challenge Events is a specialist in team building, corporate events planning and corporate training from Perth to the Gold Coast in Australia and Auckland to Christchurch in New Zealand. Visit www.corporatechallenge.com.au or www.corpchallenge.co.nz

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