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Winter is an ideal season for team building

Winter is fast approaching and for workplaces across Australia and New Zealand this can typically mean a dip in staff morale, an increase in sick leave and a busy period due to the end of financial year.

According to Michael Cromie from Corporate Challenge Events, that is why winter is an ideal time for team building.

"The temperature is getting cooler and the daylight hours are reducing which means people are spending more time indoors, bugs and viruses can easily spread and people's moods can be lower," said Cromie.

"A way to address these issues each winter is to do something out of the ordinary, something healthy and active, and something fun as a work team.

"Team building activities can provide just that and be an all-important boost to workplace productivity over what generally is a busy time."

Cromie, who is the General Manager of Team Building for one of Australasia's leading team activities companies, has gained the experience of delivering team events for more than a decade through Melbourne winters.

He believes there are four key reasons why winter should be considered for workplace team building.

1. Team building activities can be staged outdoors or indoors

"Winter can bring some beautiful sunny conditions whether it is Brisbane, Sydney or even Auckland, albeit a bit cooler, so why not take advantage of the great outdoors. It's a great energiser for everybody and a way to do something physically active together. Almost all of our 40-plus team building programs can be delivered in an outdoor environment with the added bonus of having an indoor contingency. By that I mean, if the weather forecast turns bleak in the days leading up, your team event can still go ahead indoors with many of the same benefits."

2. Prepare or reward your team for EOFY

"End of Financial Year is an important and busy time for most businesses in Australia and New Zealand. With this additional demand on your business from June to August, team building activities are vital for your team for two stand-out reasons. They will either invigorate your team prior to a busy period or reward your team for their efforts after this busy period."

3. Boost morale with a fun team activity

"Morale amongst staff can be a bit lower during the winter months for no other reason than the weather. There is also typically an increase in colds and flus which can also affect mood and morale. Throw in a busy period over the end of financial year and many workers can bunker down to get through the day, otherwise known as the daily grind. So, surprising your group with a few fun and active team events through winter can be extremely valuable to boost morale. We actually have morale as one of our 10 key results of undertaking a team building program."

4. You can support a charity in need

"Many charities receive less donations and support during the winter months and this is often the time they need it most. Why not use winter as the time to do a charity team building program as part of your corporate social responsibility. These can be great team events and allow you to give back to your local community or a cause in need. All of our charity programs can be undertaken indoors too so you don't have to worry about the weather spoiling this experience."

Corporate Challenge Events is a leader in team building activities, charity team events, corporate training and conference planning across Australia and New Zealand with offices in Brisbane, Sydney, Melbourne, Perth, and Auckland.

To view its programs, visit www.corporatechallenge.com.au or www.corpchallenge.co.nz

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