

## Topic: Maintaining the energy after an inspiring conference

Have you felt inspired, refreshed and rejuvenated after a staff conference or an industry conference?

Then what happens when the conference concludes and you return to your workplace, routine and culture? How can you bring the energy from the conference into your workplace?

Here are 5 tips to energise your office after a conference...

### 1. Do some work in the great outdoors

Instead of having that meeting in the same old corporate meeting room, put on your walking shoes and make it an active meeting instead or grab your laptop and enjoy some fresh air at an outdoor table.

### 2. Encourage staff to take breaks

It is important to take a step back from your job at times and have a break. It will enable you to reenergise, refocus and reconnect with your colleagues, plus look after your health and wellbeing.

### 3. Schedule some fun office challenges

To add some fun and team building into the week, try some short 3-minute team activities. They don't need to be difficult and you can try a whole host of different challenges to suit all staff members' interests.

### 4. Host a regular team lunch

We all have to eat during the day (or should) so why not make an event of it! Host a regular team lunch where your colleagues can spend quality time learning more about each other in a relaxed environment and having a bit of a laugh.

### 5. Set up a creative working space

Set up a positive and empowering space by introducing different elements to your office or work station such as plants, artwork, photos, visual aids like an action board or inspiring quotes and even recreational items such as a bean bag or mini basketball hoop. Do it as a team and make an activity out of it!

## CONTACT US

**We are leaders in team activities, corporate training, conference planning and team building with offices in Brisbane, Sydney, Melbourne, Perth and Auckland!**

