

1+1=4 (team-building)

Target group:

Our program is aligned to the needs of already existing or newly created teams striving to significantly improve their team spirit through activating indoor-or outdoor activities. The reflection and concrete refinement of a pre-existing trust-/communication culture in a team is just one potential, albeit crucial component of this training.

Training's main focuses of interest (a selection):

- ✓ How do we cope with new tasks and challenges as a team?
- ✓ What is the communication in the team like?
- ✓ What are the strengths of our team/the individual members of our team? Where are the hidden potentials?
- ✓ How can we transfer experiences from training to our everyday-lives?
- ✓ Why is an open communication between group members so important?
- ✓ How do we communicate with each other in our everyday life? Which measures can be deployed to refine the existing communication base?
- ✓ What is the feedback culture like in our business?
- ✓ How do I give feedback in an appreciating and grateful manner? Which hierarchical dynamics evolve visible? How do I cope with these hierarchical differences?
- ✓ What are the individual motives of the team members?

Duration: 1-3 days.

Appointments: on request.

How does a training proceed? We apply action-oriented indoor-and outdoor activities, which contributes to the activation and awareness of our participants. In turn, this adds to the willingness to reflect on behavior and thus, contributes to an eventual change in conduct. Potential settings are mobile team exercises (indoor and outdoor), team-cooking, mobile or stationary team courses, high rope gardens or socio-analytical role games.

Contact information: Please do not hesitate contacting us via mail: mail@courage-courage.com or via phone: 0049(0)89-12094022 or 030-39208992.

On your way we wish you