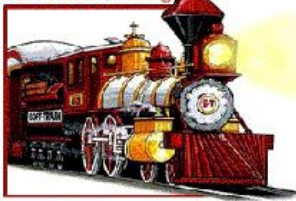


**Soft-Train**



*At Soft-Train  
Technology Works*

## More Quick Team-Building Activities for Busy Managers (2 Days)

**COURSE GOAL:** This class will provide students with 50 new exercises that can be conducted in 15 minutes or less.

**PREREQUISITES:** None

**LEARNING OBJECTIVES:**

Upon completion of this course the student will be able to:

- Building new teams and helping teams with new members.
- Finding creative ways to work together and solve problems.
- Increasing and improving communication
- Keeping competition healthy and productive within the team
- Dealing with change and its effects: anger, fear, and frustration.

**KEY TOPICS:**

**I. Getting Ready:**

- A.** How to Run a Successful Team-Building Activity
- B.** What Could Go Wrong in a Team-Building Activity

**II. The Activities:**

- A.** Welcoming: Introductions and Icebreakers
- B.** Battling: Games That Teach Healthy Competition
- C.** Teamwork: Challenges That Require Cooperation
- D.** Creativity: Challenges That Encourage Out-of-the-Box Thinking:
- E.** Support: Activities to Appreciate and Help Each Other