

Team building – Encouraging communication, strengthening relationships

Working life today is strictly scheduled. One meeting after another, topics are discussed in team meetings and there's very little time to chat to one another.

One result of this is that team members no longer know exactly what others do. This can lead to unnecessary misunderstandings that create a tense atmosphere.

Why walking?

When you walk, chatting is unforced and natural

Enjoying nature, moving, doing something that's good for you, what could be better!

Sensitive topics can be easily addressed. You walk 'together' and this has a positive effect already



This type of communication is particularly suitable for:

Getting to know each other better

Clarifying expectations

Participants wanting to get a more in-depth look at their colleagues' work

Being creative, generating new ideas for products

When the team wants to learn from their mistakes and come up with solutions

Walking / hiking can also be combined:

Get to know each other while you walk (2 hours)
Work on key issues in a seminar room

Introduction to a topic, generate ideas while walking, discuss in greater depth in the seminar room, record the results and decide on implementation steps

Team building: Simulations in the seminar room or at the outdoor centre (Emmental) and more subsequent discussions when walking

Benefits to you:

Team members can relax at the same time, recharge their batteries

People work together better as everyone knows what's going on and who's working on which projects

Synergies in projects can be leveraged and new ideas generated that have a sustainable effect on competitiveness



Trainerin:

Karen Bärlocher: Professional coach and trainer since 2005. Specialises in personal development and how people behave and act. Professional experience: 20 years in the finance industry and 11 years as a trainer and coach in various industries

Her motto: Developing conscious awareness helps us to see things differently and simplifies our lives.

Interested? Would you like to find out more? I look forward to hearing from you.