

Team building – experience it live in Emmental

People learn best by doing. At a specially designed centre in Emmental, the team applies themselves to tasks together. After each task, we look at what works well in the team, what needs to be developed and what behaviour is appropriate for the situation.

Method

A large number of exercises are available. Exercises are chosen which best suit the situation in the team

The task is designed to be as close to reality as possible

In between tasks, the participants reflect on them, recognise their strengths as a team and individually. Adjustments can be made in the next exercise, thus checking their effectiveness immediately

Ongoing comparisons are made with daily life so that knowledge can be applied long-term once back in the workplace



This type of team building is particularly suitable for:

Putting together new teams: it's a way for participants get to know each other and decide how they want to work together (e.g. structuring processes, communication, etc.)

Assessment: it is useful for determining what works well and what in daily life requires adjusting

Leadership development: leaders can immediately recognise what style of leadership suits the team and can adjust their behaviour accordingly

Requirements / conditions:

The majority of the team (at least 80%) should be able to move around freely. People with physical disabilities will be given a special task

We will be outside, so we recommend that you dress appropriately. Clothes and shoes may get dirty and should be robust

If the weather is bad, we can withdraw to a room. If it is cold, the assessments will take place there instead

Benefits to you:

Team building comes alive and will stay with the participants for a long time

This type of team building is fun and therefore has an extra dimension to it

The team gets to know each other on another level, which creates a special team spirit



Trainer:

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.

Will you join us? I would love to see you there.