

Team Dynamix

Team Dynamix is a toolkit of short, sharp, interactive exercises designed to explore various aspects of effective team behaviour. It is superb for energising groups of delegates and getting them working together.

No two 'Team Dynamix' exercises are the same—they all have very different learning outcomes and we will select & tailor the exercises we use to meet specific client objectives for the session.

Here is a brief outline of a couple of exercises which should give you a flavour of what's on offer. There are many, many more!

Poles Apart



A very powerful exercise in team co-ordination, identification of best practice and leadership – simple, frustrating & very entertaining – no one

has yet beaten the Poisson Rouge Client Record of 19 seconds.



A Load of Balls

This activity, taken straight from the world of sports psychology, is designed to help individuals & teams overcome the negative

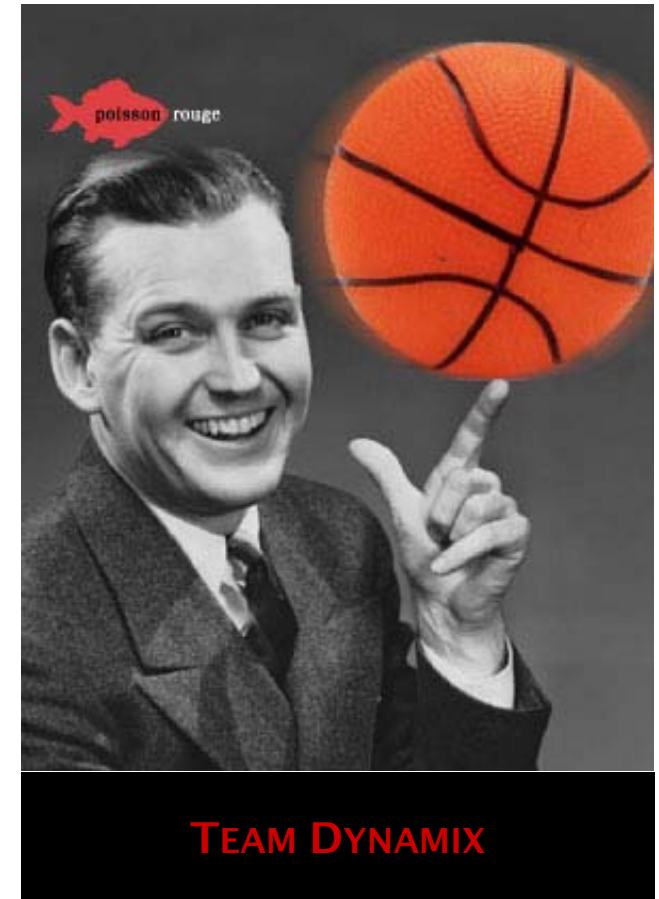
power of self-limiting belief. The exercise empowers individuals by demonstrating that what at first seems impossible, can very quickly become achievable. It also shows the power of interdependence and how you do not have to be an expert to coach fellow colleagues and help them achieve the task.

Card Sharp

This exercise encourages teams to question all aspects of their performance. It promotes lateral



thinking to find solutions, and champions the concept of listening to all ideas, no matter how off the wall they may appear at the time.



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Teamwork, Competition, Behaviour, Performance, Fun