



## MULTIPLE CONTENT OPTIONS

# 1 HOUR TEAM BUILDING

**Quick and to-the-point individual activities  
for break-out sessions, energizers and more.**

## Overview

Sometimes there just isn't enough time for a full team building session. If you have 30 to 90 minutes to fill and want to make a strong point or just let your group unwind during a big meeting, we can deliver a tailored activity that will get everyone involved, thinking, and having fun.

## Goals

- ✓ Energize meeting participants.
- ✓ Integrate new skills from your presentations.
- ✓ Build morale and camaraderie between people & departments.

## Rates

\$15 - \$25 per person

*Download rate sheet for details.*

Choose from  
seated, active,  
or workshop  
modules.

*"Thank you for facilitating our team building day. You did a great job!!"  
~ Coca-Cola*

## Details

### Program content:



### Length:

45-90 minutes

### Activity:

Light

### Location:

Indoors

### Group size:

35-500+ people

### Includes:

Complete facilitation,  
participant handouts  
if applicable,  
project supplies and  
event photos.





# 1 HOUR TEAM BUILDING

## Agenda & Activities

**Warm-Ups (5-10 minutes)** Atlanta Challenge staff lead some fun warm-up activities that get the group moving and ready to fully participate.

**Team-Up (2-5 minutes)** If the group is not already split into teams, we lead a fun game to randomly sort participants into teams. This is also a good idea if the group has been sitting at the same tables for an extended time.

**Team Challenge (30-45 minutes)** Teams are given instructions and materials for the activity. During the activity,

Atlanta Challenge staff are available for questions and will take pictures. Select from several activity options.

**Talking Points (5-15 minutes)** The team is provided with a hardcopy of a simple model for utilizing the skill set behind the main theme of the activity you select.

**Team Review (5-10 minutes)** The team shares their observations about how they performed, and how to apply those lessons to specific situations faced on the job.

### ACTIVE OPTIONS

45-90 minute on-your-feet energizers with great lessons

#### ALL TIED UP

Utilizing the entire team to win

#### LIFE RAFT

Everyone working together

#### PRODUCT TRANSFER

Seeing the big picture

#### MELT DOWN

Seeing strengths in others

#### EVOLUTIONS

Adapting to change quickly

#### TAKING FLIGHT

Thinking out of the box

### SEATED OPTIONS

Activities that enhance skills and provide opportunities for group interaction.

#### SHAPE UP

Power of clear communication

#### M\*A\*S\*H

Group consensus building

#### BRIDGING THE GAP

Utilizing everyone's strengths

#### COURT ROOM

Negotiation and agreement

#### MARBLE RUN

Breaking out of silos

#### CHAIN REACTION

Strategic decision making

#### MELTING ICEBERGS

Adapting to new realities

#### PRODUCT ROLL-OUT

Handling change

### WORKSHOP OPTIONS

Quick content and conversations about important team topics.

#### CONFLICT RESOLUTION

Using conflict, not hiding it

#### FEEDBACK EXERCISE

Giving and receiving feedback

#### ADVOCACY & INQUIRY

Power of clear communication

#### TEAMWORK COMPASS KEYNOTE

Interactive keynote speech.

#### TEAM BRAINSTORMING

Creativity for the uncreative

#### GREATEST TEAM

Utilizing everyone's strengths

#### BUILDING TRUST

Building and restoring trust

#### PERSONAL ACTION PLAN

Turning intentions into reality

Ask us about additional topics and custom content.





## 1 HOUR TEAM FUN

# 1 HOUR TEAM BUILDING

## Active Options



### ALL TIED UP

*Utilizing the entire team to win*

Participants discover the power of team problem solving as they attempt to solve a tough dilemma, but they can only be successful by everyone working together.



### MELT DOWN

*Seeing strengths in others*

Each person is given a new identity, and must then network with other participants to create the best team they can without making assumptions about others' value.



### LIFE RAFT

*Focusing on the big picture*

Small teams learn the importance of working with other groups rather than going it alone. After all, we're all in the same boat, and this activity shows how to use that.



### EVOLUTIONS

*Adapting to change quickly*

To be successful we must adapt, and in this game teams must decide what features their team will change in order to survive in the future.



### PRODUCT TRANSFER

*Seeing the big picture*

Teams try to deliver an assortment of products to various client locations. Each product and location has different rewards and different risks.



### TAKING FLIGHT

*Thinking out of the box*

Teams take on the seemingly simple task of making an effective paper airplane, but the solution is tricky when faced with an unlikely selection of materials.

*We have many more options available, and we can build custom activities.*





## 1 HOUR TEAM WORK

# 1 HOUR TEAM BUILDING

## Seated Activity Options



### SHAPE UP

*Power of clear communication*

Teams are given several sets of puzzle pieces and matching outlines. Communication is key, as assemblers must rely on instructions from their team mates.



### MARBLE RUN

*Breaking out of silos*

Small teams transport several items to a new location, but their device must sync up with the other teams in order to be successful. A fun and energetic endeavor.



### M\*A\*S\*H

*Group consensus building*

Teams work to reach a consensus in a difficult scenario. Powerful lesson in group decision making and the dangers of assumptions based on incomplete information.



### CHAIN REACTION

*Strategic decision making*

A small team challenge that tests a group's ability to quickly make and implement decisions. A great lesson in focusing on key elements of a project.



### BRIDGING THE GAP

*Utilizing everyone's strengths*

Graphic illustration of the effects of individual agendas overriding team purpose and the critical difference that common vision, values and goals makes on performance.



### MELTING ICEBERGS

*Adapting to new realities*

In the changing environment they face, teams brainstorm a new business model that will allow them to not just survive, but thrive in this new world.



### COURT ROOM

*Negotiation and agreement*

Participants negotiate a legal contract in a game of winners and losers. A great negotiation skills role play that develops negotiation tools and techniques.



### PRODUCT ROLL-OUT

*Handling change*

Teams overcome a series of change requests from a demanding client as they design and deliver the product they are looking for.

*We have many more options available, and we can build custom activities.*





## 1 HOUR TEAM SKILLS

# 1 HOUR TEAM BUILDING

## Mini Workshop Options



### CONFLICT RESOLUTION

*Using conflict, not hiding it*

A simple but powerful tool for handling conflict, presenting concerns to others, and graciously receiving input from team mates in order to make progress.



### TEAM BRAINSTORMING

*Creativity for the uncreative.*

A simple model for how to effectively brainstorm, followed by a team creativity session to solve a specific issue that the group needs to solve.



### FEEDBACK EXERCISE

*Giving and receiving feedback*

Participants role play giving and receiving feedback, and are provided with an alternative approach to improve resolution in feedback situations. An effective means of getting the feedback outcome desired - communicating with-



### GREATEST TEAM

*Utilizing everyone's strengths*

Participants discuss the greatest team they have ever experienced and reflect on what made them so effective. Draws the attributes of great teams from participants to provide an anchor and ownership of the qualities they will need themselves to perform as an effective team.



### ADVOCACY & INQUIRY

*Power of clear communication*

Participants practice an approach for sharing their ideas while also actively listening to another's ideas. The goal is to create agreements based on understanding, and head off disputes before they even begin.



### BUILDING TRUST

*Building and restoring trust*

A short and energetic fun game that demonstrates the effect of different trust levels on team performance. Team discussion about what builds and what erodes trust on the team. *(Don't worry, it's not a trust fall!)*



### COMPASS KEYNOTE

*Interactive keynote speech.*

Atlanta Challenge's president delivers a powerful message based on the Teamwork Compass®, a powerful tool for helping leaders and teams be the best they can be.



### PERSONAL ACTION PLAN

*Turning intentions into reality*

What are participants going to do differently on their return to the office? What is the one thing they can do that will have a positive impact, no matter how small?

*We have many more options available, and we can build custom activities.*

