



# Team-building

PROGRAM



## WHY USE PLAY TO BUILD A TEAM

- Our first experience of teams begins in childhood and is rooted in play. Whether through sports, outdoor adventures, or make-believe scenarios, we found ways to play together. We figured out how to collaborate and communicate with each other, resolve conflict, and adopt a shared vision to guide our interactions. We switched roles fluidly to keep the game going. In other words, play allowed us to naturally organize our interactions as a team.
- As we grew older, we were taught that play is the opposite of work; although ironically, adults are always reminded to be team players at work!
- Playfulness in adults is associated with creativity[i], intrinsic life aspirations and goals[ii], stress coping[iii], positive behavior in the workplace[iv], increased cooperation amongst team members[v], and overall better quality of life[vi].

This team-building program draws on the art and science of play to help individuals and groups unlock their potential for collaboration, conflict transformation, problem solving and creativity by reawakening the skills and mindsets that they had developed and mastered during childhood.



# OUR PROGRAM

## PHASE 1

### PREPARATIONS FOR PLAY:

To customize our playdate, we:

- Meet with management to explore challenges and needs
- Engage employees in a playful survey to gain more insight into their needs
- Customize a program to address these needs

## PHASE 2

### THE PLAYDATE:

Based on insights from phase 1, we design a playdate that allows playmates to:

- Enhance interpersonal communication, empathy, trust, and belongingness
- Develop leadership and role fluidity
- Unlock creativity and divergent thinking
- Celebrate one another's achievements



# OUR PROGRAM

## PHASE 3

### POST-PLAYDATE FEEDBACK:

Based on the experiences in phase 2, we:

- Identify the team's strengths and challenges through observations and reflections
- Map out further action points for team building
- Share insights with management

**“ Those who play rarely become brittle in the face of stress or lose the healing capacity for humor ”**  
**- Stuart Brown**

## PHASE 4

### L3B'S GIFT:

To celebrate the team's achievements, we:

- Share with them a playdate photo album
- Design a playful anchor for the team to take to the workplace based on their playdate experience



## CONTACT US

SEND US A **PLAY SIGNAL** IF YOU ARE KEEN  
ON BUILDING YOUR TEAM IN AN  
INNOVATIVE & PLAYFUL WAY



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## REFERENCES

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