

## Course Outline and Activities

The team-building course is designed to integrate both structured activities and reflective debriefs, ensuring that participants not only enjoy the experience but also gain practical insights applicable to their negotiation tasks.

**08:30 – 09:00**

### Arrival and Registration

- Welcome coffee/tea
- Distribution of name tags and materials

**09:00 – 09:30**

### Opening Session

- Welcome remarks by facilitator
- Overview of the day's agenda and objectives
- Establishing ground rules and expectations

**09:30 – 10:15**

### Activity 1: One Special Thing

- Participants share a unique trait or experience
- Facilitator highlights diversity of strengths
- Objective: Build appreciation for each team member's individuality

**10:15 – 11:00**

### Activity 2: Jungle Communication

- Team challenges that rely on clear instructions and active listening
- Objective: Enhance communication clarity and reduce misunderstandings

**11:00 – 11:15**

### Tea Break

**11:15 – 12:00**

### Activity 3: The Generals at War

- Scenario-based leadership and problem-solving activity
- Objective: Develop quick thinking and decision-making under pressure

**12:00 – 13:00**

### Activity 4: Buckets Race

- A fun physical challenge focusing on teamwork and collaboration
- Objective: Foster team spirit and coordinated effort

**13:00 – 14:00**

### Lunch Break

**14:00 – 14:45**

### Activity 5: Treasure Hunt

- Teams work together to locate and decode clues
- Objective: Build problem-solving and adaptability

**14:45 – 15:30**

### Activity 6: Human Bingo

- Light-hearted networking activity to break down silos and encourage new connections
- Objective: Encourage cross-functional relationships within the team

**15:30 – 16:15**

### Activity 7: Tug of War & Ball Games

- Physical challenges to build trust and highlight the power of collective strength
- Objective: Strengthen team bonds in a fun, energetic environment

**16:15 – 16:45**

### Activity 8: Truths & Lies

- Participants share truths and lies about themselves; teammates guess the lies
- Objective: Build trust and learn about each other's backgrounds

**16:45 – 17:00**

### Reflection & Closing

- Facilitator-led discussion on lessons learned
- Key insights for effective negotiation teamwork
- Commitment to applying insights in NJNC work
- Closing remarks