

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