

Training Name : Teambuilding 3 Days 2 Nights

Target Group : All Level

1.1. Proposed Program

Most of us know that we need to work together, however, do you see your team mate actively playing WIN-WIN-WIN for the Organisation, Team and Themselves (or is it the other way most of the time)? Most programs tackle behavioral problems or even skill issues but not many deals with issues of the Belief System, Attitude and Competency. SCOMA seeks to address those issues and tackle the root cause of it.

Our program uses Accelerated Learning Techniques (also called "Experiential Learning") where both sides of the brain are engaged to ensure that participants will maximize their learning. Games and activities are used to ignite your mental and emotional feelings. This will lead to Active Learning from the heart, rather than just the mind. It is also sometimes done in a way to provoke a person to think and reflect on their actions, rather than telling them what to do.

This program is fully equipped with the tools and techniques that can be easily applied into every aspect at the workplace and daily life. The tools when implemented have a very profound effect on both qualities of life because it addresses the core issue; SELF ESTEEM.

At SCOMA, we strongly believe that a person performance or results is generated from his/her behavior and strongly governed by their BELIEFS. Rather than just tackle the end result that we see from a person work, we seek to identify the root cause of the LIMITING BELIEFS in their thinking system.

1.2. Program Objectives

By the end of the program, the participants are able to:-

- Instill trust, empathy, right attitude and self-regulated of motivation towards building team spirit and working together.
- Build self -confidence to create interest & passion in teamwork.
- Explore real world examples of why critical thinking is so important in teams and organizations today.

1.3. Program Information

- The program will be conducted in 3 Days 2 Nights / 18 Hours

1.4. Approach & Methodology

The program will cover lectures, classroom activities, individual & group presentation and role-plays. In order to achieve the positive output from the participants, passive & active mode of learning will be applied from the Trainer & Facilitator.

1.5. Program Course Outline

DAY 1	TOPIC	TAKE AWAYS	METHODOLOGY/ ACTIVITY
2.00pm	Program Opening "The Amazing Team"	<ul style="list-style-type: none"> ▪ To identify & understand the learning objectives and its obstacle through self- expectation and organizations 'shared values' ▪ Key Value: Awareness & Trustworthiness 	<ul style="list-style-type: none"> • Ice breaking • Group formation • Wall of Fame • Egg Audit • Team War Cry • De-Brief
3.30am	<i>Tea Break</i>		
4.00pm	"The All Red"	<ul style="list-style-type: none"> ▪ To recognize and synchronize team members strength and weaknesses by creating teamwork spirit and values ▪ Key Value: Spiritual and Belief 	<ul style="list-style-type: none"> • Battle of Haka • De-Brief
6.00pm	Dinner / Prayer		
8.30pm	United We Stand	<ul style="list-style-type: none"> ▪ To improve team communication by Listening, Understand and Respond towards cause of next action. 	<ul style="list-style-type: none"> • Picaso In You • De-Brief
10.30pm	END OF DAY ONE		

DAY 2	TOPIC	TAKE AWAYS	METHODOLOGY/ ACTIVITY
7.00am	Wake Up Call!	<ul style="list-style-type: none"> ▪ To maintain physical fitness and healthy life style. ▪ Key Value: Awareness & Recognition 	<ul style="list-style-type: none"> • Exercise
8.00am	<i>Breakfast</i>		
9.00am	Synergistic Effect of Teamwork	<ul style="list-style-type: none"> ▪ To improve team communication by Listening, Understand and Respond towards cause of next action. ▪ Key Value: Communication Competence 	<ul style="list-style-type: none"> • Marker Game • De-Brief
10.30am	<i>Tea Break</i>		
11.00am	Empowering Team Paradigm Shift	<ul style="list-style-type: none"> ▪ Strengthening the values of Trust, Empathy, Supreme Attitude and Motivation (T.E.A.M.) in building a strong team synergy towards success. 	<ul style="list-style-type: none"> • Motivation Talk • The Emotional Hat
12.30pm	<i>Lunch Break</i>		
2.00pm	Cultivating the Team Spirit	<ul style="list-style-type: none"> ▪ To increase self-motivation and be exposed to Effective Motivation approach. ▪ Key Value: Self- Regulated & Motivation 	<ul style="list-style-type: none"> • Moment of Truth • De-Brief
3.30pm	<i>Tea Break</i>		
4.00pm	The Amazing Race	<ul style="list-style-type: none"> • To unleash team synergy via self-regulate and motivation; • To instill the trustworthiness among the team members in achieving the GOAL's. 	<ul style="list-style-type: none"> • Check Point 1 - <i>CueCards</i> • Check Point 2 - <i>The Marker</i> • Check Point 3 - <i>Building the Flag</i> • De-Brief
6.00pm	Dinner / Prayer		
8.30pm	3..2..1.. Action!	<ul style="list-style-type: none"> • To unleash a higher sense of creativity and innovative in producing versatile teamwork performance through 'fun learning'. 	<ul style="list-style-type: none"> • Teamwork Theatre • De-Brief
10.30pm	END OF DAY ONE		

DAY 3	TOPIC	TAKE AWAYS	METHODOLOGY/ ACTIVITY
7.00am	Wake Up Call!	<ul style="list-style-type: none"> ▪ To maintain physical fitness and healthy life style. ▪ Key Value: Awareness & Recognition 	<ul style="list-style-type: none"> • Exercise
8.00am	Breakfast /		
9.00am	The I in T.E.A.M.	<ul style="list-style-type: none"> • To increase self-motivation and be exposed to Effective Motivation approach 	<ul style="list-style-type: none"> • Spinning Gasing • De-Brief
10.30am	<i>Tea Break</i>		
11.00am	The Pit Stop	<ul style="list-style-type: none"> • To orchestrate a set of action plans and commitments that needs to be taken in order to up-hill Team Synergy. 	<ul style="list-style-type: none"> • Recap • Wall of Fame & Egg Audit
12.30pm	<i>Lunch Break</i>		
2.00pm	Program Closing		
3.00pm	END OF PROGRAM		