

## Teambuilding



### Teams that play together work better together...

Why team building?

To strengthen the cohesion in your company or, quite simply, to promote exchanges of ideas and communication... team building is the ideal activity for eliminating stress and encouraging the creative strengths of your colleagues.

Characters are revealed and everyone has to call on their ability to assume an appropriate position in the group while others establish a collective intelligence, using their abilities to serve a common project, synergising their motivation with the energy of the team, creating a dynamic cohesion and motivating the others, handling stress and crisis situations.

We can create a tailor-made team-building activity for a few hours or a whole day, adapting it according to different criteria such as age bracket, desired level of difficulty (1 to 5), messages to be conveyed, etc.