

The 3 Key Components of a Successful Teambuilding Activity



Fun

A great teambuilding activity is fun. It can still be fun if people are struggling and sweating and working hard. Fun means it engages the imagination.

Movement

Every great experiential teambuilding activity/program I've ever seen gets people moving, up and out of their seat, interacting with the space around them in a new or different way.

Risk/Challenge

There must be a degree of risk or challenge involved in the activity. This could mean falling backwards into the arms of the group or it could mean sharing a thought or feeling with the group. You want to set things up so people have opportunities to step outside their "Comfort Zones". A skillful leader is able to create a supportive and nurturing environment that encourages risk taking.