



Learning & Development



TEAM BUILDING BREAKTHROUGH

1-DAY INDOOR & OUTDOOR EXPERIENTIAL PROGRAM

Event Highlights



Certificate Provided



HRDF Claimable

About Event!

Unlock your team's true potential through a powerful mix of high-impact indoor activities and energizing outdoor challenges. This immersive session is designed to break silos, build synergy, and drive performance through trust, communication, and ownership.

JOIN NOW!

**Mastering Team
Dynamics**

**Building Mental &
Emotional Agility**

**Sharpening Real-Time
Decision-Making**

**Fostering Trust &
Accountability**



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Team Building Breakthrough: 1-Day Program

INTRODUCTION

Strong teams are the foundation of every successful organisation. **Team Building Breakthrough: 1-Day Program** is a practical, high-energy workshop designed to boost collaboration, trust, and accountability.

Through a mix of interactive activities, real-world challenges, and proven frameworks like NLP and Lencioni's Five Dysfunctions of a Team, participants will explore how mindset, communication, and ownership drive team performance.

This program helps individuals connect, grow, and build stronger teams—ready to take on challenges with clarity, confidence, and a shared purpose.

Key Learning Outcomes

Upon completion of this workshop, participants should be able to:

1. Understand key team development stages and dynamics.
2. Develop techniques to manage physical and emotional states for peak performance.
3. Improve trust-building and accountability within the team.
4. Strengthen problem-solving and communication under pressure

Workshop Methodology

This program will be delivered through a dynamic mix of interactive and experiential learning methods, including:

1. **Interactive Lectures:** Short, focused sessions to introduce key concepts and frameworks (e.g., NLP, team dynamics).
2. **Group Discussions & Reflections:** Facilitated conversations to encourage insight-sharing and connect learning to real workplace challenges.
3. **Indoor & Outdoor Team Activities**
Hands-on challenges such as the *Airplane Contract* and *Plutonium Challenge* to build teamwork, problem-solving, and communication under pressure.
4. **Role-Plays & Real-Life Scenarios:** Simulated situations to practice trust-building, accountability, and navigating team dynamics.
5. **Guided Self-Awareness Exercises:** Techniques to manage physical and emotional states for improved performance and collaboration.

Activities

