



Learning & Development



TEAM BUILDING BREAKTHROUGH

1-DAY INDOOR & OUTDOOR EXPERIENTIAL PROGRAM

📄 **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!

Event Highlights

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

