

In-House Team Building: 12 Sessions

Program:	In-House Team Building: Building Strong Communication, Teamwork, and Resilience for Success at Work
Training Objective:	Participants will develop stronger teamwork, communication, and problem-solving skills through structured, interactive team-building sessions.
Training Outcome:	1. Enhance their ability to communicate effectively within a team; 2. Develop problem-solving and decision-making skills; 3. Strengthen team collaboration and trust; 4. Foster a positive and engaged work culture; 5. Improve adaptability and resilience in workplace challenges.
Participants Background:	Suitable for employees at all levels who seek to improve teamwork, leadership, and workplace engagement.

Course Fee and Durations

Cost: MYR8000

Number of Sessions: 12

Length of Each Session: 2 hours of team-building activities

Total Time: 24 hours

Session Outline with Agenda

Day (D)	Session (S)	(12 Sessions)
D1	S1	Ice-Breaking Game 1: Number Bomb Game 2: Grab Numbers Host of the Day
D2	S2	Game 1: Charades Game 2: News Reporters Host of the Day
D3	S3	Game 1: Grab Numbers Game 2: Musical Chairs Host of the Day
D4	S4	Game 1: Guess the Weight Right Game 2: Attack the Chess Host of the Day
D5	S5	Game 1: Exercise Bingo Game 2: Find the Hidden Clues Host of the Day
D6	S6	Game 1: Team Chemistry Test Game 2: Guess the Proverb Host of the Day
D7	S7	Game 1: Guide the Blind Game 2: Messengers Host of the Day
D8	S8	Game 1: Attack the Chess Game 2: Memory Games Host of the Day
D9	S9	Game 1: Guess the Proverb Game 2: Picture Clues Host of the Day
D10	S10	Game 1: Multilingual Lyrics Game 2: Charades Host of the Day
D11	S11	Game 1: Hide the King Game 2: Exercise Bingo Host of the Day
D12	S12	Game 1: Mona Lisa Game 2: Team Chemistry Test Host of the Day

Games and Activities

Games	Description
News Reporters	The participants will be divided into groups. Each group will receive a headline, and their news should focus on that headline. Each person in the group will take turns saying one word, building on what the last person said. The words should connect and make sense to create a story. No word can be used more than once for a single headline. The group that creates the best story will win!
Messengers	The participants will be divided into groups. Each group will receive a tongue twister. The first person in each group will say the tongue twister to the next person, and this continues until it reaches the last person. The group that gets the message through correctly to the end will win.
Find the Hidden Clues	The participants will be divided into groups. Each person in the group will take turns writing down a description of an object without saying its name. The rest of the group will try to guess what the object is. Every time someone guesses correctly, their team gets a point. The team with the most points at the end will win.
Grab Numbers	All the participants will sit in a circle and pick a unique codename for themselves. The host will call out the available "numbered seats." Everyone must try to sit in a "numbered seat" without sharing it with someone else. If two people end up in the same "seat," they must say each other's codenames to kick each other out. The last three people who are able to stay in a seat will earn one point each. At the end, the person with the most points will be declared the winner.
Charades	The participants will be divided into groups. One person from each team acts out a word or phrase without talking, while the other teammates try to guess what it is. The game can have different themes, like movies, books, or well-known people. Players can use gestures, movements, and expressions to give hints, and they have a set amount of time to make their guesses. The team that guesses the most words correctly wins!
Number Bomb	The participants will be divided into groups. All the groups begin with 10 points. At the beginning of the game, the host will choose a secret "bomb" number from a certain range. Team members will take turns guessing a number within that range, trying not to guess the bomb number. If a team guesses the bomb number, they will lose one point. The team with the most points at the end will be the winner.
Exercise Bingo	The participants will be divided into groups. At the beginning of the game, the host will present a bingo grid that has 5 rows and 5 columns. Each square in the grid has a hint that points to a specific exercise. Teams take turns picking a square to uncover its exercise. They must then complete the exercise to "claim" that square. The first team to successfully claim enough squares to form a straight line of 5 will win the game.
Musical Chairs	The participants will be divided into groups. When the music starts, players will walk or dance around a circle of chairs. When the music stops, everyone needs to find a seat quickly. There will always be one less chair than there are players, so the person who can't find a chair is out of the game. After each round, one chair is taken away until there's only one player left, and that person wins. Each group will get

	a point for every win, and at the end, the group with the most points will be the overall winner.
Team Chemistry Test	The participants will be divided into groups. Everyone will sit down and close their eyes while music plays. Each member can stand up at any time during the music, but they should try not to stand up within 5 seconds of someone else. If everyone in the group manages to stand up without overlapping times, the team earns a point. The team with the most points at the end will be declared the winner.
Attack the Chess	In this game, we'll use chess pieces. Participants will be split into teams. At the beginning, everyone will hide their names under different chess pieces on a chessboard. Then, the host will ask trivia questions. The team that answers a question correctly gets to "attack" one of the opposing team's chess pieces to "eliminate" the players hiding under it. The first team to "eliminate" all the members of the other team will win!
Guide the Blind	The participants will be divided into groups. Each team needs to choose one person to be the "director," while the other members will be "blinds" and will wear blindfolds during the game. The "blinds" must follow their "director" to gather back at the starting point while avoiding the other team. The other team will stand as stationary obstacles throughout the area. If any "blinds" accidentally touch a member of the opposing team, they will lose a point. The team that ends up losing the fewest points will win.
Guess the Weight Right	The participants will be divided into groups. The host will say a random weight. The teams will take turns adding items to match that exact weight. The first team to reach the exact weight will earn a point. At the end, the team with the most points will win.
Guess the Proverb	The participants will be divided into groups. The team members should act out a proverb without talking, while their teammates guess what it is. They can use hand movements, facial expressions, and charades to give hints, all within a set time. The team that guesses the most proverbs correctly wins!
Multilingual Lyrics	The participants will be divided into groups. The host will play a snippet of translated song lyrics. Participants who correctly guess the original song and artist will earn one point. The team with the most points at the end will be declared the winner.
Picture Clues	The participants will be divided into groups. The host will read a list of items, and participants can take pictures of the clues for those items. Then, the host will choose a number at random and ask about the corresponding object. The team that correctly identifies the object will earn one point. At the end of the game, the team with the most points will win.
Hide the King	The participants will be divided into groups. Each team needs to choose one person to be their secret "king." Then, the host will ask trivia questions. If a team answers a question correctly, they earn a point. For every 5 points, they can use it to "eliminate" a member from the other team. If a team's "king" gets eliminated, that team loses. The team with the last remaining "king" will win.
Memory Game	The participants will be divided into groups. Each group will receive a series of pictures to remember. The first person in each group will draw one of the pictures and pass it to the next person, and so on, until it reaches the last person. The team that correctly relays the pictures all the way to the end will win.

Mona Lisa	All the participants will sit in a circle. One player begins the game by pointing at someone else and saying "Mo." They keep going until they reach the last sound, "Sa." The person who gets pointed at when it's time to say "Sa" has to pose like the famous painting, the Mona Lisa. The players sitting on either side of them should act like the frame around the painting. This is a quick game that needs everyone to be quick on their feet!
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Materials and Resources

- Team-building materials