**Zen Team Building Workshop**

Zen team building, or team development workshop is the process where a team with a common goal engage in a range of tasks and activities with the objective of strengthening working and social relations. To transform the members to a cohesive team, participants undergo team building and leadership activities that focus on understanding and trusting each other. 

**Zen Team Building Outcomes**

The Zen workshop unlike other cookie cutter trainings focuses on organizational top priorities and taps into neuroscience, quantum physics, leadership, operational effectiveness, and psychology to deliver the following outcomes:

* Helps build effective problem-solving skills to reduce stress
* Increases innovation and promote creativity

Identifies leaders and talent

* Improves job satisfaction, employee motivation and increases morale
* Increases collaboration, and team camaraderie
* Improves communication and planning skills
* It builds trust and mitigate conflict
* Increases revenue and production
* Decreases turnover