



**CONNECTING,  
INSPIRING AND  
MOTIVATING PEOPLE  
FOR 16 YEARS**

◆ TEAM BUILDING

◆ CULTURE

◆ EVENTS

📍 Offices in Gauteng, Cape Town and Durban

[www.tbae.co.za](http://www.tbae.co.za)  
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 **TBAE**  
TEAM BUILDING AND EVENTS  
CONNECTING PEOPLE



# ABOUT US

Welcome to TBAE. For 16 years, we've been spreading fun and excitement across Cape Town, Johannesburg, Pretoria, and Durban (and many other Cities and Towns) with our fully mobile team building activities. We cater to on-site, hybrid, and virtual events, ensuring a memorable and engaging experience for all participants.

At TBAE, inclusivity and safety are our top priorities. Our activities are designed for everyone, regardless of fitness level or physical abilities. From pregnant ladies to individuals with disabilities, everyone is welcome to join in the adventure and have an awesome time. We primarily use humour to foster a relaxed atmosphere and break down barriers during our team building events. Our goal is always to make each and every event not only productive, but also incredibly enjoyable.

In addition to our wide range of activities, we specialize in creating customized experiences for our clients. We also provide a wide variety of soft skills courses and experiences, including interpersonal skills within groups, communication to stress management. Our courses aim to build trust, empathy, and productivity among team members.

TBAE now offers scientifically proven personality testing like the Myers-Briggs Type Indicator (MBTI) and the Big Five personality traits assessment.

These tests offer valuable insights into employees' personalities, preferences, and behaviors, helping organizations better understand their workforce.

At TBAE, we're more than just team building; we're about forging lasting connections and empowering teams to collaborate more effectively. Get ready for an unforgettable team building experience with TBAE.

## OUR VALUES



**Integrity**



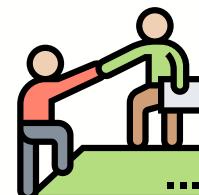
**Passion**



**Fun**



**Diversity**



**Accountability**

Meet our  
friendly  
facilitators



**Nhlaka**



**Evan**



**Simon**



**Chase**



**Ian**



**Bongani**



**Tebogo**



**Dalu**

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Offices in Gauteng, Cape Town, Durban

# RAIDERS OF THE TOMB

## Adventure Challenge



Low-Medium Physical Intensity



2 - 3 hours duration

Are you ready to embark on a thrilling journey that combines teamwork, problem-solving, and adventure?

Look no further than the **Raider of the Tombs Adventure**. Inspired by the iconic movie franchise, this unique team-building experience promises to unleash the explorer within each participant.

Imagine stepping into the shoes of Lara Croft herself, navigating through obstacles, deciphering cryptic clues, and overcoming obstacles as a cohesive team.

This immersive activity is designed to test your **communication skills, decision-making abilities, and collaborative spirit** in a fun and engaging way.

The activities include **Spiders Web, Water Transfer, Art Works, Giant Puzzles and Cryptic Clues**.

The Raider of the Tombs Adventure Team Building Activity is not just about completing missions; it's about fostering a sense of **camaraderie, resilience, and creativity**. By working together to overcome obstacles, you will discover hidden talents, unleash your leadership potential, and create unforgettable memories with your colleagues.

### Main Learning Outcomes

CREATIVITY

TRUST

RESILIENCE



Offices in Gauteng, Cape Town & Durban

# CORPORATE FUN DAY

## Group Activities



Medium Physical Intensity



2 - 3 hours duration



Are you ready to take your team to new heights of collaboration and camaraderie? Look no further than our **Corporate Fun Day** Group Event. It's a transformative experience that will elevate your team dynamics to the next level. It's competitive, but lots of fun.

The event starts with some Icebreaker Games that will have everyone laughing and interacting in a relaxed environment. The group then gets divided into teams thereafter they will compete and engage in a mixture of thinking and fun interactive group games including **marble run, cross the river, grid, spider web, ski walking** and **volleyball**, that will test your teamwork skills and foster collaboration.

An option is to wrap up the day with a celebratory meal where you can unwind and enjoy each other's company in a festive atmosphere. Don't miss out on this opportunity to **strengthen bonds, build relationships**, and create lasting memories with your colleagues.

## Main Learning Outcomes

TEAMWORK

RESILIENCE

TRUST

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**TBAE**  
TEAM BUILDING AND EVENTS



# AMAZING RACE

## Group Activity



2 - 3 hours duration



Low-Medium Physical Intensity

Modeled after the popular TV show, **The Amazing Race** activity involves teams racing against each other to complete various tasks and challenges scattered across a designated area. The excitement begins as teams receive their first clue,

leading them to their initial challenge location. From deciphering puzzles to physical challenges, each task requires teamwork, problem-solving skills, and quick thinking. As teams race from one checkpoint to another, the competition heats up, fueling participants with adrenaline and determination.

The Amazing Race group team building activity is not just about completing tasks; it's about **bonding with teammates, strategizing together**, and pushing each other to excel. The challenges test participants' communication skills, leadership abilities, and adaptability under pressure.

The race fosters a **sense of unity and collaboration among team members** as they work towards a common goal. It encourages individuals to step out of their comfort zones, rely on each other's strengths, and overcome obstacles together. Ultimately, the thrill of the Amazing Race group team building activity lies in the shared experiences, laughter, and sense of accomplishment that come from working as a cohesive team.

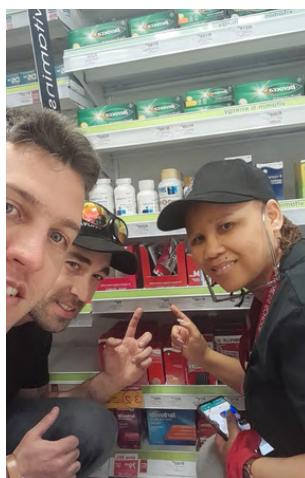
It's a memorable and impactful way to strengthen relationships, boost morale, and enhance teamwork within any group or organization.

### Main Learning Outcomes

TEAMWORK

TRUST

COMMUNICATION



Offices in Gauteng, Cape Town & Durban



# THE MINUTE TO WIN IT

*Group Activity*



**Low-Medium Physical Intensity**



**2 - 2,5 hours duration**



**Minute to Win It** is a series of fun and challenging games that participants must complete in under a minute. These games are designed to test various skills such as speed, coordination, and teamwork. What makes Minute to Win It so engaging is the fast-paced nature of the games, creating an adrenaline-fueled atmosphere that keeps everyone engaged and participative.

In a group team building setting, Minute to Win It can be a fantastic way to break the ice, boost morale, and strengthen bonds among team members. Whether it's trying to stack cups in a pyramid, balance cookies on their faces, or transport M&M's with chopsticks, participants are guaranteed to share plenty of laughs.

## Main Learning Outcomes

TEAMWORK

MORALE

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# ARTIST IN YOU AND YOUR TEAM

*Activity*



**Low Physical Intensity**



**1.5 - 2 hours in duration**



**Offices in Gauteng, Cape Town & Durban**

## The Artist in you and your team Art Event

offers a unique twist on traditional team building activities by assigning each team member a different picture to paint, without revealing that all the pieces come together to form a single picture. This element of surprise adds an exciting dynamic to the experience, as participants focus on their individual tasks without realizing the bigger picture they are contributing to. Through this process, team members unknowingly collaborate to create a cohesive work of art, highlighting the importance of trust, communication, and teamwork in achieving a common goal.

As the pieces of their separate artworks get pieced together, the revelation of the final composition fosters a sense of astonishment and delight among participants. This unexpected unity not only showcases the power of collaboration but also reinforces the idea that every individual contribution plays a significant role in achieving collective success. The Artist in you and your team Art Workshop serves as a powerful reminder that **teamwork** is not just about working together towards a shared vision but also about **embracing diversity, trusting in each other's abilities**, and celebrating the beauty of unity in **diversity**.

## Main Learning Outcomes

TEAMWORK

TRUST

CELEBRATE



# BOERESPORT & INGENOUS GAMES



**2 - 3 hours duration**



**Medium Physical Intensity**

**Boeresport and indigenous games** are both traditional forms of physical activities, in which all South Africans can celebrate our diversity as the rainbow nation.

Boeresport are traditional Afrikaner folk games that were historically played by the Boer community in South Africa. These games involve activities like **sack racing, tug-of-war, three-legged races, egg and spoon race, toutrek, and bokdrol spoeg**.

Indigenous games encompass a range of traditional games played by various indigenous communities in the country. These games are deeply rooted in the cultural practices of different ethnic groups and often have symbolic meanings or serve specific purposes within the community. Indigenous games include activities like **stick fighting, morabaraba (a board game), and uqoqo (a skipping game)**.

Indigenous games and boeresport can promote teamwork and collaboration among team members. They require communication and coordination, that will help enhance interpersonal skills. Participating in indigenous games can foster a sense of community and unity within the team. Engaging in these games can boost morale and motivation among team members. Indigenous games provide a unique cultural experience, fostering diversity and inclusivity.

## Main Learning Outcomes

**TEAMWORK**

**UNITY**

**COMMUNICATION**



**Offices in Gauteng, Cape Town & Durban**



# MINI OLYMPICS

## Group Activity



**2 - 3 hours duration**



**Medium Physical Intensity**

**Mini Olympics**, a fun and engaging team building activity, offers a unique and active way for teams to bond and work together towards a common goal. In this event, teams participate in a series of mini versions of Olympic-inspired games and challenges, promoting teamwork, problem-solving skills, and friendly competition. From **relay races, giant ball soccer, archery, netball to volleyball**, each game is designed to bring out the best in each team member and encourage mutual support.

The Mini Olympics as a team building activity not only encourages physical activity but also cultivates a sense of unity and cooperation within the team. By working together to overcome obstacles and achieve shared objectives, team members learn to trust one another's strengths and rely on their collective abilities. Through strategic planning, coordination, and effective communication, teams can strategize and adapt their approach to different challenges, fostering a sense of solidarity and teamwork.

Furthermore, Mini Olympics provide a platform for team members to showcase their individual talents and skills while contributing to the overall success of the team. Each member plays a vital role in the team's performance, emphasizing the **importance of collaboration and mutual support**. By celebrating both individual achievements and collective victories, Mini Olympics create a positive and uplifting environment that boosts morale and strengthens the bonds between team members.

## Main Learning Outcomes

**TEAMWORK**

**UNITY**

**COLLAB**



**Offices in Gauteng, Cape Town & Durban**

# QUIZ MASTER

*Group Activity*



**1 hour (short version)**



**Low Physical Intensity**

**2 - 2.5 hours (normal version)**

Our **Quiz Master** group team building activity is an engaging event where team members come together to participate in a quiz competition. The activity is designed to foster teamwork, communication, and problem-solving skills among the participants. Teams are formed, and they

compete against each other in answering a series of challenging quiz questions across various categories such as general knowledge, pop culture, history, and more. The

quiz master, presents the questions and the score is continually updated from our software to determine the winning team. This interactive and fun-filled activity encourages a friendly competition among teams.

During the quiz master group team building activity, participants not only test their knowledge but also build camaraderie and strengthen their bonds with colleagues.

The activity provides a platform for team members to showcase their expertise, learn from each other, and celebrate collective achievements. As teams work together to strategize, brainstorm answers, and support one another, they develop trust and unity within the group. Overall, this team building activity is an enjoyable way for teams to connect, have fun, and enhance their collaboration skills.

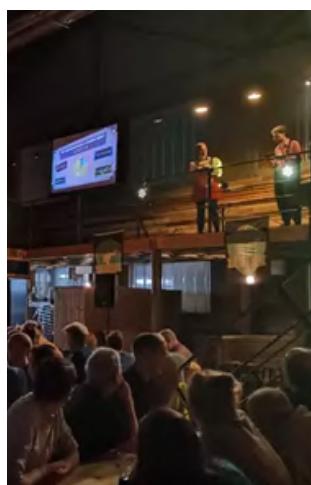
## Main Learning Outcomes

**TEAMWORK**

**MORALE**

**COLLAB**

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# MOVIE MAKING

## Group Activity



2 - 2.5 hours duration



### Low Physical Intensity

Cast your team in the greatest role of their lives. There's nothing quite like "the lens" to bring out peoples' expressive side and there's nothing quite like the **Movie Making** program to bring your team together and get them truly working as a team...for their 3 minutes of fame!

In the Movie Making program, participants are divided into groups representing competing film production companies.

The challenge: create the next Hollywood blockbuster or Advertisement.

Who will be the actors? Who is going to direct? And what about a "camera" operator, props and costumes designer, editor , even an in-house marketing group? Clearly, serious teamwork will be essential for success in this anything-but-serious group activity team building program. The excitement is contagious as each team screens their masterpiece for the rest of the group. It's fun. It's funny. Plus, you can literally stand back and watch people loosen up, genuine smiles bubbling to the surface as the team building video event progresses.

Awards can be arranged and given with due ceremony for the various categories, often recognizing and celebrating some **hidden talents**. Talk about bragging rights! Our Movie Making involves everyone in a captivating project that requires real **teamwork** and produces a lasting result. After the hilarious screening of each trailer during the wrap party, judges will announce the winning team and award prizes to the exuberant winners! We can tailor this program to include your event location, event theme, company info, or anything else you may need.

### Main Learning Outcomes

CREATIVITY

TEAMWORK

PLANNING

Offices in Gauteng, Cape Town & Durban

# MURDER MYSTERY

## Interactive Group Activity



2 - 3 hours duration



Low Physical Intensity



A **murder mystery event** is a fun and interactive way to bring people together for a unique evening of entertainment. It's a game-like experience where participants assume the roles of characters and work together to solve a murder mystery. The goal is to find out who the murderer is, and what their motive was.

Our Murder mystery events can be held in a variety of locations, and can also be tailored to any number of guests.

We offer more than 40 different themes including:  
🎬 **Gatby**, 🎬 **New Years Eve**, 🎬 **Orient Express**  
🎬 **80's reunion**, 🎬 **Murder on a Wine farm**,  
🎬 **Cruiseliner**, 🎬 **Family reunion**, 🎬 **Art Gallery**  
🎬 **Beach Resort** and many others.

One of the key advantages of engaging in Murder Mystery Events is the **interactive and immersive experience** they provide. Participants have the chance to step into the shoes of detectives, solving intriguing puzzles and unraveling the mysteries in a thrilling and suspenseful setting. This not only fosters teamwork and communication skills but also sparks creativity and critical thinking among individuals. The element of competition adds an exciting edge to the event, keeping everyone on their toes as they strive to crack the case and emerge victorious.

### Main Learning Outcomes

PROBLEM  
SOLVING

CREATIVITY

TEAMWORK

Offices in Gauteng, Cape Town and Durban



# BATTLE OF THE BANDS

Interactive Group Activity



Low Physical Intensity



2 - 3 hours duration



In the **Battle of the Bands** team building activity, participants are tasked with creating musical instruments using only cardboard, masking tape, fishing tackle, scissors, and paint. The challenge is not just to craft any instruments, but to design and build the ones that will eventually form a harmonious ensemble for a battle of the bands competition. Each team must put their creativity and **teamwork skills** to the test as they brainstorm ideas, delegate tasks, and work together to bring their cardboard instruments to life.



Once the instruments are completed, it's time for the teams to showcase their musical talents in a lively performance. From makeshift guitars to cardboard drums, each team must coordinate their playing to produce a captivating song that will impress the judges and audience. The combination of resourcefulness in crafting the instruments and coordination in playing them adds an element of fun and challenge to the activity, fostering **collaboration** and **communication** among team members.



As the music fills the air, the energy and excitement reach a peak as the bands compete against each other in a friendly battle. The cheers and applause from fellow participants create a supportive atmosphere, encouraging everyone to give their best performance. This battle of the bands team building activity not only tests **creativity** and musical skills but also promotes **camaraderie**, **teamwork**, and a sense of accomplishment among all participants.

## Main Learning Outcomes

TEAMWORK

CREATIVITY

COLLABORATION



Offices in Gauteng, Cape Town and Durban

# CARDBOARD BOAT BUILDING

## and Racing Team Building Activity



**2 - 3 hours duration**



### **Low Physical Intensity**

Building and racing cardboard boats is an engaging team-building activity that promotes creativity, collaboration, and problem-solving skills. Participants are tasked with designing and constructing boats using only cardboard and adhesive materials. This hands-on experience encourages teams to work together to create a functional boat that can stay afloat in water. From brainstorming designs to testing buoyancy, every step of the process fosters communication and teamwork among team members. Once the boats are built, teams come together to race their creations, adding an element of friendly competition that boosts morale and camaraderie.

The cardboard boat building and racing activity not only provides a fun and memorable experience but also offers valuable lessons in teamwork and innovation. Teams must strategize and allocate tasks effectively to ensure the successful completion of their boats. As they navigate the waters in their cardboard vessels, participants learn the importance of communication, adaptability, and quick thinking. This activity challenges individuals to think outside the box, push their limits, and support one another in achieving a common goal. Ultimately, the cardboard boat building and racing event serves as a unique platform for teams to bond, build trust, and develop essential skills that can be applied in the workplace.

### **Main Learning Outcomes**

**TEAMWORK**

**ADAPTABILITY**

**COMMUNICATION**



**Offices in Gauteng, Cape Town and Durban**

# PICK 6

## Group Activities



**Pick 6 Group Activities** brings together the best elements from our various themes to create a dynamic and engaging experience for participants. These activities blend the excitement of adventure challenges with the creativity of art-based projects, the communication skills honed in problem-solving tasks, and the teamwork fostered through collaborative games. By combining these diverse elements, mix and match team-building companies offer a well-rounded approach that caters to different preferences and strengths within a team. Participants can enjoy a range of activities that cater to both physical and mental abilities, ensuring a holistic team-building experience that promotes camaraderie, communication, and collaboration among team members.

 **Low-Medium Physical Intensity**  **2 - 3 Hours duration**  **Choose - 6 activities from here**



Allow the artist in you express yourself and your team.



Work out the correct route by trial and error and memory



You need to build an exact replication of a model



Less stepping stones than number of people in this interactive activity



How far can your team place the cone in this team centric activity



How far can your team move the water tower and stay dry.



It's definately much harder than it appears to be, teamwork needed.



Each team member must collect colour balls while blindfolded



A great team work activity that enhances communication.



Cardboard raft building and racing activity



An olympic sport that gets the competitive juices flowing.



All team members must get to the other side using a different hole.

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**TBAE**  
TEAM BUILDING AND EVENTS

# HITTING THE TARGET

## Group Team Building Activity



The **Hitting The Target** Group team building activity is designed to highlight the significance of accuracy and making correct decisions while collaborating as a team. The activity begins with the dividing of participants into teams, to cultivate new connections and discourage of cliques.

The teams then engage in various challenges that assess their precision and targeting abilities. Each challenge is assigned points, and the team that accumulates the highest score emerges as the winning team. The activities range from Penalty Shootout, Catty and Word Conundrum, to Catty Shooting, Blindfolded Darts, Air Rifle Shooting (venue specific), Ball Launcher, Pendulum, Wild Golf, Bharti, and popular Minute to Win It activities such as Bouncer, Elephant March, Rapid Fire, and This Blows.

The benefits of this activity encompass enhancements in focus, accuracy, **goal achievement, teamwork dynamics, communication skills**, leadership qualities, cooperative spirit, goal setting proficiency, innovative problem-solving techniques, resilience, time management and building trust among team members.

### Main Learning Outcomes

TEAMWORK

UNITY

COMMUNICATION



2 - 3 hours duration



Medium Physical Intensity



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# DRUMMING

## Interactive Group Activity

1 hour in duration



Low Physical Intensity

A drumming group team building activity is a fun and engaging way for a team to bond and collaborate. The rhythmic beats of the drums create a sense of unity among team members as they work together to create music. Through this, participants learn the importance of communication, coordination, and teamwork.



A drumming session is usually around 45 minutes but can be shortened or increased depending on circumstances. Drumming requires individuals **to listen to each other**, follow a rhythm, and contribute their unique sound to the group. It fosters a sense of community and mutual support, strengthening relationships and promoting a positive team dynamic. A drumming group team building activity is a powerful tool for enhancing **teamwork and cohesion** within a group.

### Main Learning Outcomes

COHESION

TEAMWORK

COMMUNICATION



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# BOOMWHACKERS

## Interactive Group Activity

1 hour in duration



Low Physical Intensity

A Boomwhacking activity involves participants using colorful plastic tubes called Boomwhackers to create music together. Each Boomwhacker produces a different pitch allowing for a harmonious blend of sounds. This activity promotes teamwork, communication, and creativity as team members work together to create rhythmic patterns and melodies. By coordinating their movements and listening to each other, participants learn the importance of **collaboration** and unity in achieving a common goal.



The Boomwhacking activity is not only fun and engaging but also effective in improving group dynamics and fostering a sense of **camaraderie**. As individuals contribute their unique sounds to the group performance, they develop a sense of belonging and mutual respect. The interactive nature of the activity encourages active participation and helps boost morale.

### Main Learning Outcomes

BELONGING

TEAMWORK

RESPECT



Offices in Gauteng, Cape Town & Durban



# ESCAPE THE ROOM

## Interactive Group Activity



1 hour in duration



### Low Physical Intensity

A mobile **escape room** team building activity offers a thrilling and engaging experience that can be easily set up in any room, making it a versatile option for a teambuilding event. Participants must **work together to solve puzzles, uncover clues**, and ultimately escape within a set time limit. This activity promotes teamwork, communication, problem-solving, and critical thinking skills as team members collaborate to crack codes and unravel mysteries.



We have a wide range of different escape room games to suit your conference or team breakaway theme. The mobile escape room concept brings the excitement of traditional escape rooms to any location, allowing teams to bond in a fun and challenging environment. With the flexibility to be hosted in various settings, such as offices, conference rooms, or even outdoor spaces, this activity can be tailored to suit different group sizes and preferences. By immersing participants in a scenario that requires cooperation and quick thinking, a mobile escape room team building activity is a dynamic way to enhance teamwork and foster camaraderie among colleagues.

### Main Learning Outcomes

TEAMWORK

CO-OPERATION

Offices in Gauteng, Cape Town & Durban

# GUMBOOT DANCING

## Interactive Group Activity


**1 hour in duration**


**Low Physical Intensity**

A Gumboot dancing group team building activity is a fun and engaging way for teams to bond and collaborate. The participants will learn traditional South African gumboot dance moves, creating a rhythmic and energetic performance. Through this shared experience, team members develop communication skills, trust, and teamwork as they synchronize their movements and work towards a common goal. The physical nature of gumboot dancing also promotes fitness and boosts morale, enhancing overall well-being within the team. Furthermore, gumboot dancing team building activities can break down barriers and foster inclusivity within a group. Regardless of individual dance abilities, everyone can participate and contribute to the collective performance. This promotes a sense of unity and belonging among team members, leading to improved relationships and a more positive work environment.







### Main Learning Outcomes

COHESION

TEAMWORK

TRUST

# ARCHERY

## Group Activity


**1 hour in duration**


**Low Physical Intensity**

**Archery** is a fantastic group team building activity that promotes teamwork, communication, and focus. When individuals come together to participate in archery, they learn to work as a team towards a common goal. Each team member plays a crucial role in supporting and encouraging others, fostering a sense of unity and collaboration. Additionally, archery requires concentration and precision, teaching participants the importance of staying focused and composed under pressure. By engaging in this activity, groups can enhance their communication skills, build trust among team members, and develop a sense of camaraderie.





### Main Learning Outcomes

BELONGING

TEAMWORK

TRUST


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Premuim Event



# POTJIE COOKING

## *Group Team Building Activity*

The Potjie Cooking Event is one of our most popular events, as it has a bit of everything as part of the programme. The event begins with the group split into teams and the teams compete in one of our fun activities like cross the imaginary river or marble run. The team that wins the activity has first choice in selection of meat, and the teams select in the sequence in which they complete the activity.

With the main ingredient selected, each team then bids on **an auction for the various ingredients**. This is a lot of fun. Once the teams have got all the relevant ingredients the cooking begins.

Potjie cooking team building activities offer a delightful and engaging way for teams to bond and collaborate. Participants work together to prepare a traditional South African dish called Potjie, cooked slowly in a cast-iron pot over an open fire. This hands-on experience encourages communication, problem-solving, and teamwork as individuals take on different roles in the cooking process.

The aroma of simmering ingredients fills the air as team members chop vegetables, season meat, and stir the potjie. The activity promotes creativity as teams experiment with flavors and techniques to create a delicious meal. Collaboration is key as colleagues share responsibilities, coordinate their efforts, and communicate effectively to ensure the dish turns out perfectly.

As the Potjie bubbles away, the teams compete on some other activities while leaving a few team members to keep an eye on the pot and adjust as needed. The act of cooking together fosters **camaraderie** and **strengthens relationships** among team members. Through this shared experience, colleagues forge lasting memories and build a foundation of **trust and unity** that extends beyond the cooking fire. Potjie cooking team building activities are not just about creating a meal; they are about creating connections that last.

## Main Learning Outcomes

TEAMWORK

TRUST

COLLABORATION



3 - 4 hours duration



Low Physical Intensity



Offices in Gauteng, Cape Town & Durban

# WHEELCHAIR BUILD

## Charity Team Building Event



Premuim Event



**2 - 3 hours duration**



**Low-Medium Physical Intensity**

A wheelchair building charity event charity is a heartwarming team building activity that promotes camaraderie and compassion is organizing a wheelchair charity event. In this meaningful endeavor, team members come together to assemble wheelchairs for individuals in need. The activity involves teamwork, problem-solving, and communication skills as team members work in unison to construct the wheelchairs. Each wheelchair created is a symbol of support and mobility for someone who requires assistance in their daily life. Through this charitable initiative, team members not only bond with each other but also experience the joy of giving back to the community and making a positive impact on the lives of others.

The wheelchair charity team building activity fosters a sense of unity and purpose among the participants. As team members collaborate to build the wheelchairs, they develop a deeper understanding of the challenges faced by individuals with mobility issues. This hands-on experience instills empathy and encourages team members to think beyond their own needs. The activity also reinforces the importance of teamwork and highlights the power of collective action in bringing about meaningful change. By engaging in this charitable endeavor, the team not only strengthens their bond but also embodies the spirit of generosity and compassion, creating a lasting impact on both themselves and the recipients of the wheelchairs.

### Main Learning Outcomes

**COMPASSION**

**TEAMWORK**

**GENEROSITY**



**Offices in Gauteng, Cape Town & Durban**

# BIKE BUILDING

## Charity Team Building Event



Premium Event



**2 - 3 hours duration**



**Low-Medium Physical Intensity**

A bike building charity team building event is a heartwarming and impactful activity that brings colleagues together for a common cause. The event involves teams working collaboratively to assemble bicycles that will later be donated to underprivileged children or individuals in need. This hands-on experience not only fosters teamwork and communication among team members but also allows them to make a tangible difference in the lives of others. As participants work towards a common goal of building bikes, they learn the value of cooperation, problem-solving, and giving back to the community.

The bike building charity team building event creates a sense of camaraderie and fulfillment among participants as they witness the impact of their efforts firsthand.

Beyond just building bikes, this event serves as a reminder of the importance of helping those less fortunate and the power of collective action. By coming together to support a charitable cause, team members strengthen their bonds, boost morale, and leave a lasting positive impact on the community. Overall, this event is not just about building bikes but about building connections and making a meaningful difference in the lives of others.

### Main Learning Outcomes

**COMPASSION**

**TEAMWORK**

**GENEROSITY**



**Offices in Gauteng, Cape Town & Durban**

# TRUST OUTCOME BASED

## Group Team Building Activities

 **3-4 hours in duration**



**Low Physical Intensity**

Our Trust Outcome-based team-building program is structured around exercises, discussions, and case studies, providing tangible illustrations that can be applied back in the workspace.

Team building activities focused on building trust among team members have a significant impact on the outcomes of a team. When team members engage in activities that require trust, such as blindfolded trust walks or trust falls, they develop a deeper understanding of each other's strengths and vulnerabilities. This deeper connection fosters a sense of psychological safety within the team, where members feel comfortable taking risks, sharing ideas, and supporting one another. As a result, teams that prioritize trust-building activities often experience improved communication, collaboration, and overall performance. Trust becomes the foundation upon which successful teamwork is built, leading to better outcomes and a stronger, more cohesive team.



# COMMUNICATION OUTCOME BASED

## Group Team Building Activities

 **3-4 hours in duration**



**Low Physical Intensity**

Our Communication Outcome based team building program is designed to enhance verbal and non-verbal communication skills, promote active listening, and encourage effective problem-solving. By engaging in activities such as group discussions, role-playing scenarios, and communication challenges, team members can develop a deeper understanding of each other's communication styles, preferences, and strengths. Through these interactive exercises, teams can improve their ability to convey ideas clearly, resolve conflicts constructively, and work cohesively towards shared goals. Moreover, our activities help build trust and camaraderie among team members.



By creating a safe and supportive environment for open communication, these activities enable individuals to express their thoughts, opinions, and concerns freely. This open exchange of ideas fosters mutual respect, empathy, and understanding within the team, leading to improved relationships and strengthened collaboration. As team members become more comfortable communicating with one another, they are better equipped to overcome challenges, adapt to change, and achieve success together.



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**TBAE**  
TEAM BUILDING AND EVENTS

# GOAL SETTING OUTCOME BASED

## Group Team Building Activities

 **3-4 hours in duration**



**Low Physical Intensity**

Our goal setting outcome based group team building program assists team members to align their individual goals with the overall objectives of the team. This alignment enables them to work cohesively towards a common purpose, leading to improved communication, trust, and synergy among team members. Setting specific, measurable, achievable, relevant, and time-bound (SMART) goals during these activities helps in creating a structured approach towards achieving success while encouraging accountability and motivation within the team.



Moreover, our outcome-based program not only strengthens the bond between team members but also drives performance improvement. Through these activities, teams can identify their strengths and weaknesses, allowing them to capitalize on their strengths and develop strategies to overcome their weaknesses. By setting clear outcomes and measuring progress towards those outcomes, team members can track their performance and celebrate achievements together. This shared sense of accomplishment boosts morale, fosters a positive team culture, and enhances overall team effectiveness in achieving success.



# COOPERATION OUTCOME BASED

## Group Team Building Activities

 **3-4 hours in duration**



**Low Physical Intensity**

Our Cooperation Outcome-based team building program is structured around exercises, discussions, and case studies, providing tangible illustrations that can be applied back in the workspace. It further enhances teamwork and collaboration within a group. The activities are designed to encourage team members to work together towards a common goal, fostering better communication, problem-solving skills, and trust among team members. By engaging in such activities, teams can learn to leverage each member's strengths and expertise to achieve successful outcomes, leading to a more cohesive and effective team overall.



One popular example of cooperation outcome-based team building activities is the Leaky Pipe challenge which requires effective communication, critical thinking, and collaboration to succeed. Another example includes the Scrap Tower build that requires teams to strategize, delegate tasks, and support one another to accomplish specific objectives.



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