



We are all human and we all need personal interaction to develop relationships, polish our communication skills, and form bonds with those we spend a lot of time with. Getting out from under the pressure of work and having the ability to decompress and relax will make the times we spend under compression more manageable and enjoyable.

Ideas for Inside the Office:

Just by asking your teammates to share lunchtime or break time or even catch a bite of breakfast before lunch can give you a chance to get to know your coworkers outside the confined of the office.



Ideas for Outside the Office:

- Get in some Range Time Take the team to a shooting range for some target practice.
- Try to shoot Par Go out for a round of 18 holes of Mini-Golf with the team. Make it competitive, yet light-hearted.
- Start a softball team or join a local softball team. It's a great physical activity and a great way for families to meet, enjoy a weeknight out, and form bonds. Form Bowling Teams form



- some bowling teams that play in local bowling leagues.
- Warm up those vocal chords How about a little Karaoke?
- Sharp as a Laser A little friendly game of laser tag gets the adrenaline pumping and the teamwork going!
- Adopt a highway Gather the team to clean-up a local highway and improve the community

There are countless activities that you and your co-workers can do together that involve little to no cost to do. They are all great ways to build stronger relationships and form stronger bonds. In these settings, everyone can let their guard down, relax and just enjoy having a good time.

Get out, have fun, and Think Team!