



# TEAM BREAKFAST<sup>TM</sup>

## BENEFITS & RESULTS

- Fun
- Negotiation
- Prioritization
- Communication
- Innovation
- Problem solving

The *Team Breakfast*<sup>TM</sup> experience is similar to our flagship event Team Cuisine a fun and effective way to bring your team together, bond as a group and learn more about each other through food preparation, cooking and dining together.

The objective of this team building program is to use food preparation and the gourmet meal that is produced, as an active and powerful metaphor. The group will experience all the components of a functioning team, bond together and get to know each other in a unique environment outside of the work place.

A typical team breakfast experience begins with your participants arriving and wondering what they will be doing for the next couple of hours. They are handed an apron and asked to wash their hands in preparation. Soon, a *Team Breakfast*<sup>TM</sup> trainer begins the program with a brief but important orientation of the program including safety lessons and basic knife skills.

The group is quickly formed into teams either by our trainers or by your staff before the start of the event. Each team chooses a team leader or "chef de cuisine" and is presented with their team's culinary challenge. Now the fun begins as the teams begin creating their culinary masterpieces. The food preparation process lasts for approximately 1 hour and an additional 30 minutes to for the group to eat the fruits of their labor. We can add a short debrief which is designed to bring the Team process back to the work place.

## PROGRAM LENGTH:

Approximately 2 hours

## GROUP SIZE:

100

## TEAM SIZE:

6 - 8 people per team

## SPACE REQUIREMENTS:

No kitchen needed! A conference room, meeting room or pavilion with enough tables and chairs to accommodate your full group, open space at one end of the room is helpful.

## IDEAL USE:

- Company retreats
- Annual gatherings
- New project kickoffs