

Take a physical & emotional health check



Play Video

Key Benefits

- ✓ Practice Soft Skills
- ✓ Diversity & Inclusion
- ✓ Strengthen Connection
- ✓ Shift Working Culture
- ✓ Develop Empathy

Fun engaging team activity designed to assist in improving teams' ability to adapt to frequent change and to create a culture of continuous learning



Indoors or Outdoors



8 - Unlimited



1.5 hrs. – 2 hrs.



Activity Overview

- Teams engage in various physical, mental and creative activities delivered via a team tablet, each focusing on small everyday actions and behaviours
- Team Wellbeing occurs in **three stages**
- **In the first phase**, participants realise that their actions affect the well-being of others in the team
- **During the second phase**, participants decide on their actions to positively influence collective well-being
- **In the third phase**, they realise the necessity for ongoing action to develop consistent behaviour
- Teams devise a plan with specific actions and timeframes for the ongoing well-being of all and scribe them on the Tree of Wellbeing



The game encourages individuals to think about their role in the well-being of the team both during the game and back in the workplace

