

HOW TO MAINTAIN THE



FROM

YOUR

TEAM BUILDING
EVENT

CORPORATE CHALLENGE EVENTS

Welcome & hello.

Thank you for choosing Corporate Challenge Events for your team building activities. We hope you enjoyed participating as much as we enjoyed facilitating them. When team building activities are done correctly, they can have a tremendous impact on the team as a whole.

However, if the team building activities are not followed up with actions in the day-to-day business operation, all of that good work can go to waste. In this eBook, we will discuss why it is important to maintain the buzz from your team building activities and provide some strategies for doing so!



It is firstly important to note that team building activities should be seen as an investment in the team, and not just as a one-time event. Getting the most out of the wonderful impacts of a team-building event takes ongoing commitment from the whole team and the team leader.

When a team is passionate and buys into their ongoing success, they are more likely to go the extra mile and work together towards a common goal.





The importance of maintaining the **BUZZ**.

Maintaining the energy that comes from a team building event cannot be underestimated. A well-run team building event may have a significant impact on your business's success. From better communication to increased productivity, there are many reasons why maintaining the post-event buzz is essential. Even the experts agree!



Backed by Reserach

A study conducted showed that team-building has a long term positive relationship with both employee morale and employee retention.

Another study found these effects only lasted for a short period of time unless there was follow-up after the event. This means that it's not enough to just do a team building activity once – you need to keep the momentum going afterwards as well!



Adopt a **FUMISH** culture.

Maintaining the post-team building buzz is all about fostering a FUMISH (Friendly, Understanding, Motivating, Inspiring, Supportive, Happy) culture in your workplace.

Drawing on over 30 years of industry experience, the FUMISH model was meticulously designed by Corporate Challenge Events to equip your team with the necessary tools to create a thriving workplace culture. With FUMISH, every interaction becomes an opportunity to reinforce team unity, motivate individuals, inspire creativity, promote understanding, provide support, and spread happiness.

I'm sure you're thinking, "These are fantastic ideas, but how am I going to implement them and really instill this type of culture in my team long term? "

Well I'm glad you asked...

Introducing the Fish! Philosophy.



By practicing FISH!, I am not talking about jumping into the sea and swimming with fish. By practicing FISH!, I am talking about learning, appreciating and applying the universal training philosophy called FISH!.

A Fishy! Story

The origins of the FISH! Philosophy go back to 1997 when filmmaker John Christensen visited the world-famous Pike Place Fish Market in Seattle, USA.

John was amazed at the crowds that were attracted by the joy, enthusiasm and energy of the fishmongers that worked there, and the large sales this created. He noticed that the actual work of selling fish was arduous and repetitive, however, the fishmongers chose to bring joy to their job.

Four **simple** practices.

The FISH! Philosophy is made up of four very simple practices that when applied and combined as an organisation will transform the relationships between every interaction within business. However, simple in concept; it is much more powerful in practice. When these practices are integrated into your everyday business and team behaviours, the results truly are amazing!

Be There



Make Their Day



Choose Your Attitude



Play



Tactics to maintain the **BUZZ**.

There are small things that you can apply straight away that will change the way it feels to live, work, communicate and lead. Based on the four Fish! practices; let's dive into (pun intended) some easy techniques you can use to educate your team on keeping the momentum going and the BUZZ alive.

95%

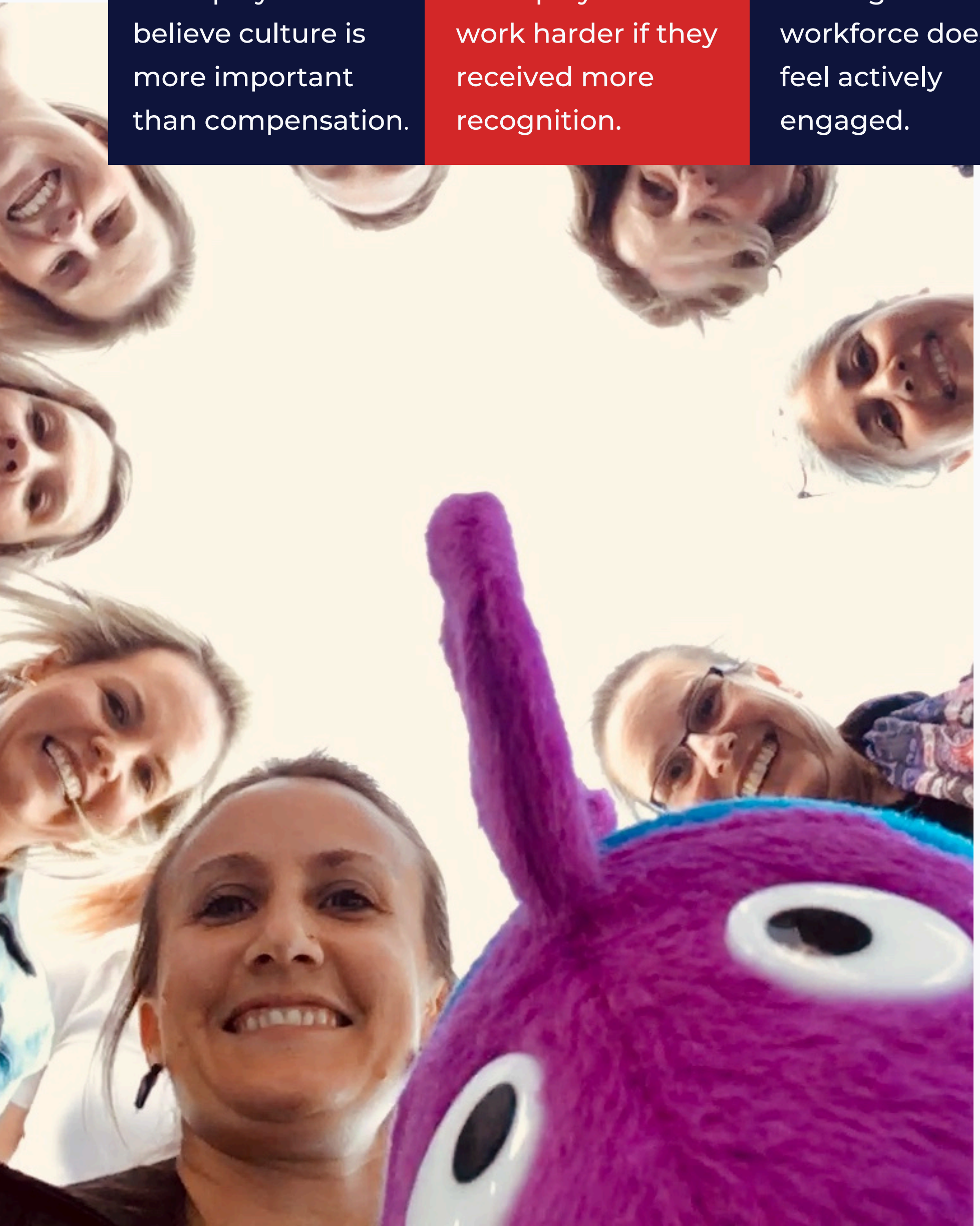
of employees believe culture is more important than compensation.

69%

of employees would work harder if they received more recognition.

85%

of the global workforce doesn't feel actively engaged.



Be There.

Be emotionally present for people. It's a powerful message of respect that improves communication and strengthens relationships..

1

Implement a 'no devices' rule during team meetings.

2

Implement an open-door policy where team members feel comfortable approaching each other with their ideas, concerns, or issues.

3

Establish a 'Active Listening' approach within your team. This means treating every interaction as an opportunity to fully understand the speaker without immediately preparing a response.



Make Their Day.

Find simple ways to serve or delight people in a meaningful, memorable way. It's about contributing to someone else's life—not because you want something, but because, that's the person you want to be...

1

Implement a 'kudos board' where team members can publicly appreciate each other's contributions.

2

Initiate a 'Daily Kindness Challenge': All team members, perform and share a thoughtful act for someone daily.

3

Celebrate both personal and professional milestones. This could be work anniversaries, birthdays, project completions, or personal achievements like running a marathon or writing a book.

YOU'RE
THE
MAN

WELL
DONE

WAY
TO
GO!

GOOD
JOB



Play.

Tap into your natural way of being creative, enthusiastic and having fun. Play is the spirit that drives the curious mind, as in “Let’s play with that idea!”..

1

Find fun ways to track goals or progress towards targets .

2

Create a 'fun committee' responsible for planning surprise activities or events every month.

3

Meetings don't have to be dull. Incorporate play into your meetings by using interactive methods like brainstorming games, role-playing, or creative storytelling.



Choose Your Attitude.

Take responsibility for how you respond to what life throws at you. Your choice affects others. Ask yourself: “Is my attitude helping my team or my customers? Is it helping me to be the person I want to be?”..

1

Create a company Facebook page or Whats App group and commit everyone to posting their “choice of attitude” for everyone to see every day.

2

Place “Choose Your Attitude” signs around your workplace in strategic places (ie on doorways to meeting rooms/entrance hall) to remind everyone that attitude is a choice!

3

Before you meet with ANYONE check in with yourself – YOUR attitude is contagious... check to make sure you want yours to be caught!



Final thoughts.



Focussing on a new practice each week or month will help introduce the change gradually and allow everyone to have some fun with it. More importantly practicing the Fish! Philosophy following a team building event will keep the energy alive and thriving.

By following these tips, you can infuse the energy of a team building activity into your everyday business operation and create a positive team culture your whole team is proud to be a part of!

Remember maintaining a positive vibe is EVERYONE's responsibility and no ONE person's job. Educate, practice and commit to making a change and the results will amaze you.

Get in touch.



If you would like more information on any of these strategies, you are most welcome to contact us at any time.

With over 30 years' experience, we are a leader in delivering team activities and workshops that boost team performance and enhance workplace culture.

We also pride ourselves as an official and accredited provider of FISH!, a globally-recognised training tool with a proven record in developing high performing teams.

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