



REGULAR TEAM BUILDING EVENTS

Building Stronger Teams: Unleashing the Power of Regular Team-Building Events

"Successfully meeting the social health needs of employees will enhance the performance of the workforce, which, with time, can translate into measurable gains at the organizational level."

Journal of Organizational Effectiveness: People and Performance

Team-building events play a crucial role in fostering a positive work culture, promoting collaboration, and strengthening bonds among team members. In this blog, we'll explore creative ways to host regular team-building events, and the benefits of incorporating a facilitator like Laughter on Call to supercharge your team.

Cultivating Creativity and Innovation

1. Innovation Workshops

Host interactive workshops that encourage team members to brainstorm and collaborate on creative solutions to real-world challenges. Facilitators can guide participants through design thinking exercises and ideation sessions, fostering a culture of innovation within the team.

2. Team Challenges and Competitions

Organize friendly team challenges and competitions that go beyond the traditional office setting. Activities like escape rooms, scavenger hunts, or outdoor team-building games promote problem-solving, teamwork, and healthy competition.



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Building Meaningful Connections

1. Cross-Departmental Lunches

Encourage team members from different departments to have lunch together occasionally. This simple act fosters interdepartmental understanding, breaks down silos, and strengthens communication across the organization.

2. Virtual Book Club

Start a virtual book club where team members read and discuss books on professional development, leadership, or personal growth. The book club provides an opportunity for thoughtful conversations, shared learning experiences, and personal connections.

Embracing Humor for Team-Building Fun

1. Improv Workshops

Invite Laughter On Call facilitators to lead improv workshops that focus on spontaneity, creativity and collaboration. Improv exercises build trust among team members and encourage them to think outside the box.

2. Storytelling Sessions

Laughter On Call can facilitate storytelling sessions where team members share their funniest workplace anecdotes or seminal moments in their lives. These sessions build camaraderie, promote active listening, and create moments of shared laughter.

3. Affiliative Comedy

Engage in affiliative comedy sessions lead by Laughter On Call, which prioritize humor that unites and uplifts. Laughter can be a powerful tool in easing tension and creating a positive, inclusive environment within the team.



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Regular team-building events are the backbone of a cohesive and motivated workforce. By incorporating a diverse range of activities that cultivate creativity, build meaningful connections, and embrace humor, teams can strengthen their bonds and enhance overall productivity. From innovation workshops and team challenges to cross-departmental lunches and virtual book clubs, each activity plays a unique role in fostering a positive work environment.

By collaborating with facilitators like Laughter on Call for improv, storytelling, and other kinds of ongoing affiliative comedy sessions, teams can unlock the power of humor and shared laughter. Embrace these fun-filled moments, and watch as your team flourishes with joy, unity, and collective growth. Whether it's through a Happier Hour or Laughter Gym, make team-building events a recurring part of your workplace culture, and witness the transformative impact on your team's dynamics and performance.

Look Who's Laughing With Us!

