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# Virtual Team Building

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We specialize in custom events, designed to meet the needs of your unique team. Each event is creative, high energy, interactive, and inclusive. Our coaching and consulting focus' are personal leadership, board development and process improvement.





## Sample Virtual Team Events

*Designed to engage your team in moving forward—together-- these activities are fun, fast, and effective.*

**Outcomes:** The goal of these events is to increase confidence, resilience and team spirit at a time when businesses and entrepreneurs are feeling stressed, lacking direction, and looking for connection. These and other virtual events are customizable to your teams unique needs.

### BY DAMN- NO CHARGE

This coaching call has engaged over 300 people in the act of setting goals, and moving forward, no matter what is going on in the world; with a bit of attitude. Tailored to your team, the call lasts 30-45 minutes, and has each participant set a goal, either business or personal, that they will achieve in the next month.

### BEING RESILIENT - \$600

Partnering with Jennifer Owen, Designing Trust, this two-hour, interactive event, walks you and your team through the act of becoming and maintaining resilience. This event discusses the Harvard ACES Scores, and their impact on the modern workforce while giving participants take-away skills to use in both their work and family life.

### FIND IT - \$250

This fun, home-based scavenger hunt is built around teams of people finding obscure items in their home or yard, for points. By working together, in separate locals, this event helps your team to practice collaboration. 60 minutes

### MORE!

Schedule a 20-minute team assessment to discuss the unique needs or your team, and to discover other virtual event choices. [Karend144@gmail.com](mailto:Karend144@gmail.com)

# 5 things your newly remote team needs, right now.

*Work teams that have been thrust into working from home, because of shelter in place, often struggle to find their rhythm, and maintain focus. Here are five tips to help your team stay healthy, connected, and productive during this time.*

1. **NAP TIME.** I know, this sounds counterproductive, but people are stressed, shocked, and feeling out of control. Schedule a 20-minute team nap from 1:10 to 1:30 and watch the afternoon productivity soar. I promise. Many of the best CEOs and world leaders disconnect for 20-60 minutes each day, and attribute much of their success to this practice. Watch this CBS News segment, napping on the job, for more insights.

<https://www.youtube.com/watch?v=pWrotib2QI8>

2. **YOUR ATTENTION.** In the office, or at their homes, you are still the glue that keeps your team together, the one that makes the mission live. Make a point to call each of your team members and simply talk to them, at least once a week or more, during this time. You'll all feel better. A weekly recognition session would also be a good thing to institute- call me if you want to talk about that idea.

3. **A NEW GOAL.** When your team moved into their remote offices the goal was to figure out life in pajama bottoms, and how to run Zoom. Now your team is ready for new goal: new hills to climb. Take some time to brainstorm possibilities, opportunities, and an exciting goal to chase. Having a shared purpose always yields the best results. The *By Damn Virtual Team Building*, which I offer for free, can be your launch for new goals.

4. **DITCH THE MONKEYS.** I am famous for making your problem my problem, but that is my job as a consultant. You should not be famous for making their problem, your problem. When you learn how to manage the monkeys your team passes to you, everyone on the team gets more done, with less resentment. Here is an excellent article on dealing with monkeys.

<https://www.jodymichael.com/blog/rid-yourself-of-monkeys/>

5. **HARD AND FAST WORK HOURS.** Right now, before the day gets away from you, establish work and non-work hours. Post them on your closet door if that is where you are working, or on your computer screen and adhere to them. When you, your team, your family knows when you are and **aren't** working, everything settles into a routine and expectations are more easily managed.

*I am happy to jump on the phone (or Zoom) with you for a 20-minute team assessment and pump up, at no charge. 855-832-6278*

