

## Blog: The Importance of Team Building

According to Google, “Team building activities are a way to provide high-impact learning, increase team skills and communications, and improve morale and productivity.” And they might well know as they invest heavily in developing leading edge ways for personnel to operate and collaborate.

Every year, companies organise team building activities which see the participation of employees from different levels within the organisation.

Why am I telling you all this?

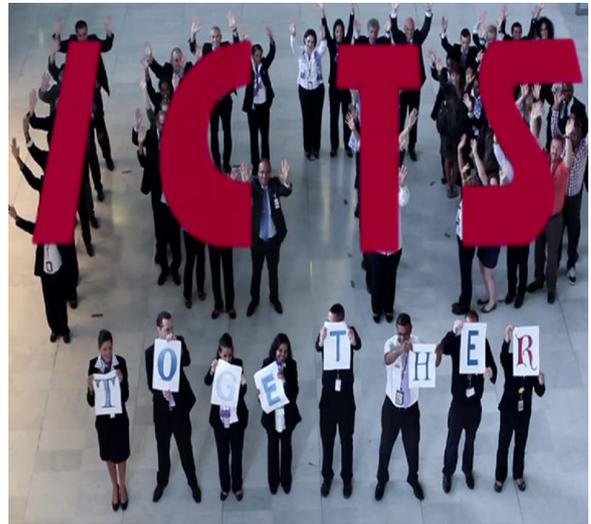
I want to share my personal experience of team building activities and present the benefits, as I see them, of having a team building culture for any organisation.

I’m a bid writer. A regular day in my position is mostly based in front of my computer, putting together document responses to tenders under a defined dateline. This can be stressful sometimes, but I’m sure you all know what a stressful day at work feels like.

In my previous job, it wasn’t part of the company culture to organise any kind of team building events. It was up to me to deal with stress and miscommunication and my only motivation was my salary at the end of the month.

During my time with ICTS, I have noticed some real benefits in taking part in team building activities. They have:

1. Provided a realistic team experience. My position requires me to work with colleagues at all corporate levels, but I rarely get the chance to collaborate so directly;
2. Challenged me to get out of my comfort zone by trying new things;
3. Helped me identify my strengths and weaknesses;
4. Released stress in a fun environment;
5. Helped me to see another side of my colleagues – the people behind their well-dressed corporate outfits;
6. Given me a sense of being part of a larger team;
7. Motivated me to contribute more through my work to the success of the company;



Let’s be honest, any change from your regular routine, can be seen as a bonus. Plus, over the past few years, collaboration and teamwork in workplaces is seen as a major key to success. Team Building exercises provide us with the opportunity to get to meet and interact with a much wider group of colleagues, which we don’t always have the time to do during normal working hours.



My advice to any organisation out there is to allocate team building activities in your annual budget; you will definitely see the benefits within your workforce. Invest in your employees and they will give you a return.

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