

KING'S VENUES

Team building games

Company away days are a fantastic opportunity to help your staff strengthen existing bonds, make new friendships, challenge themselves and unearth hidden talents. It's also a great chance to give your team an enjoyable and memorable day out of the office. But a teambuilding away day is only as good as the activities you put on. So read our round-up of engaging, thought-provoking and challenging games to get some inspiration for your corporate away day.

Secrets and lies

Give every member of your team a piece of paper, and get them to write down one secret and two lies about themselves. (I've sung to the Pope, I used to be in EastEnders, my Great Granddad invented Corn Flakes – that sort of thing.) The secret needs to be something no one else in the group knows about, the more outlandish the better. Taking it in turns, everyone reads out their three 'facts' and it's up to the rest of the team to try and figure out which one of them is true. This game is a great ice-breaker and will help your colleagues start to see each other in a different light.

10-legged race

Get your colleagues into groups of five and tie each team together with cling film round their waists, all members facing outwards. The aim of the game is to get everyone from one side of the room or field to the other as fast as possible. The team will need to choose a leader, communicate effectively and work together to get anywhere, let alone build up any speed.

Blindfolded team challenge

In this activity a blindfolded team is directed in a task by a leader who can only give instructions and cannot get physically involved in the job. Said task could be anything from putting up a tent or building a raft to doing a jigsaw or assembling a Lego house. All members of the blindfolded team will need to listen and the leader will need to command their attention and strategically work their way through the challenge. This is a particularly good game to give more junior members of staff a chance to be in charge and for more senior colleagues to show they can cope on the 'shop floor' when it's necessary.

Treasure hunt

Hidden clues, teams and prizes – the perfect combination for bonding and firing up people's competitive side. A treasure hunt is also a great way to get your team outside in the fresh air. Taking people out of their normal working environment will open up their minds and allow them to break free from any preconceptions there might be of them back in the office.

Ten good things

Pair up your team into twos and get each person in turn to tell their partner 10 things they think they do well. It's their partner's job to write them down. Everyone has just 30 seconds to complete

their list to ensure no one spends an age agonising over it. As well as giving colleagues a chance to get to know more about each other, the list is something everyone can take away with them and put up on the fridge at home or on their desk at work to boost confidence.

Volunteering or charity work

Building a playground, planting trees, renovating a community garden – think about any local projects you could get your team involved in. Manual labour is a great way to level the playing field for all staff members and help them bond. It's also an activity people will remember for years to come as we all know how good it feels to give something back.

The catwalk

Get all team members to stand in a circle and let them take it in turns to get from one side to the other. They can travel in any way they like – dance, walk, run, hop, skip – the only rule is, is that it has to be something no one else has done. This is a great way to loosen up the group by getting physical and acting a little bit silly. Starting the day with a high energy activity like this will get everybody's adrenaline pumping and keep them on their toes wondering 'what on earth am I going to be asked to do next?!'.

Large scale construction

If you have a large outdoor space at your disposal, getting colleagues to build something substantial is a popular team building activity. A go kart, a catapult, a boat – think big with your ideas. It's a good plan to make sure you're encouraging staff to try something completely new as it will make their success feel all the more significant. Introducing a competitive element to the proceedings will also have a positive effect – maybe a race with the completed vehicles?

Traditional team games

Football, tennis, netball, baseball – any team game involving a ball works well at an away day. Things to keep in mind include making sure the teams are fairly chosen, any wannabe David Beckhams or Andy Murrays don't dominate proceedings and that non-sporty types have fun too.

If you're looking for an outside space to hold your company's team building away day, King's Venues has a huge sports ground in South London. King's Venues' Honor Oak Park facilities have recently undergone a multi-million pound refurbishment. There are 2 floodlit astro turf pitches, a grass rugby pitch and football pitch, a training pitch, tennis options and lots more. There's also a new bar which caters for 80 people and car parking for up to 60 vehicles. Get in touch with the events team on 020 7847 1700 to discuss your away day, or visit <http://www.kingsvenues.com/Team-BuildingAway-Days/Honor-Oak-Park.aspx> for more information.