

Team {4} Teams

team building - team training - team coaching



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Team4Teams is based in the Netherlands

An overview of what we provide

- **Short Outdoor Breaks** – teambuilding exercises often provide a break during a training event or conference. We will deliver a dynamic team activity to enhance your training event, seminar or meeting and ensure there is no after-lunch slump (1-1.5 hours). Look for more details on the next page.
- **Team Training** – experiential learning at a high level in which participants learn to work together using each other's strengths. Taking into account international and cultural differences (available as a 1 hour workshop up to an impressive 2-day Masterclass).



In addition we can deliver our on-site training programs everywhere in Europe. This will allow you to tailor the experience to the specific needs of your company, save money and limit downtime by having our instructors come to you.

More information is readily available. Please send us your questions at your convenience and we'll respond as soon as we can. [Contact us](#).

- **Communication Styles Training** – Every person has their own style of communication. In this training, participants learn how they can tune into each other's communication style. This practical session helps you to recognise your own communication style and that of others (available as a 1 day workshop up to a 2,5 days Masterclass).
- **Feedback Training** – The feedback training participants learn to distinguish between feedback and criticism. Criticism is potentially disempowering and creates pressure. Feedback is a two way conversation. It's goal is to learn and grow together. The skills required to give and receive feedback is a bit like learning a new language. It requires competence and sensitivity. Our programme will provide you with the required skill set to do so (available as a 6 hour workshop or a 9 hour Masterclass).



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Short Outdoor Breaks – activities for in between

Team building (quick) course – An assignment full of surprising activities, which will require your team to work together in order to succeed. We will challenge your team members to reflect on their behaviour afterwards. This will inject your team with enthusiasm, enhance team spirit and will leave you with new insights on how your team cooperates.

Get away from your daily routine! Choose between more than 20 quick team building activities. Please enquire about possibilities, both indoors and outdoors. (1.5-7 hours)



Serious fun – Divided into teams you will compete during two or three 30 minute rounds of serious fun. Get away from it all as a team and get your energy boost right here! You get to choose your kind of competition in advance: cooperative rounds, teambuilding rounds or competitive rounds. In each round, winning is what counts. In the first round we'll assess the team's qualities, after which, each following round will be made more difficult than the last.



Each round offers you the opportunity to choose your activity, thus customizing each competition. We offer this fun competition all year round. In case of rain, we will continue our programme indoors. (2-7 hours)



Catapult building – The beauty of this assignment is that it takes you back in time. Eyes will start to sparkle while building this catapult out of bamboo. Starting from scratch your team will build a working catapult with bamboo poles 3 meters long. Once it's finished your team will receive helmets and of course: coconuts... Which catapult will collapse and which catapult will shatter all previous records? Your childhood toys are nothing compared to this! (1.5-2 hours)

Catapult building can also be included as part of a seven hour team building course (at no extra costs in The Netherlands). [Contact us](#).

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We provide non-profit organizations with:

Advice and Training for professionals and/or volunteers:



- We are very proud of our many years of experience in offering advice as well as training to non-profit organisations on how to incorporate volunteers into their (social care) organisation.

- Modern day society increasingly asks its citizens to contribute to education, health care and the neighbourhood voluntarily. Advice and Training offers their professional point of view to show you how to attract volunteers to your organisation as well as keeping them involved and motivated. You will learn the best ways to supervise and support them, to reward them as well as to set boundaries for them. Ensuring volunteers are given opportunities for giving and receiving positive feedback on their work is essential. Volunteer work has a start and, if supervised properly, a happy ending.



The result being that your current volunteers get to become your future ambassadors. We know how to make the most of co-operation with your volunteers and are eager to share.



- Team building, communications styles training and feedback training in non-profit organizations is also available with special offers, we train junior trainers and can therefore offer a good price appropriate in a non-profit settings.

Organisations such as the Dutch Scouting Association and the YMCA Netherlands are amongst our clients. Volunteer work is big in the Netherlands and we know how to set it up properly. [Contact us](#).

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Team building



Communication Styles Training



Feedback Training



Additional Extras



Outdoor Cooking



Catapult building



Team Coaching