

## Questions from TEAM TANK HQ

Here is a list of questions which will assist to identify which areas you might want to focus on for a team build.

1. Why do you feel you need a team build? Is there a challenge ahead, is it time for an energising experience to re-motivate, or has something changed from an internal or external perspective?
2. Currently who is your ideal customer and how does the team react to your clients?
3. How do you see your team functioning in the future?
4. What is the team vision for the future in relation to your day-to-day work?
5. What is your team vision for the future in relation to the wider team goal i.e. solving problems for the wider industry (e.g. Research and Development), community goals (sporting success, environmental mental health support, needs of life support), world changes (e.g. climate change, United Nations goals).
6. What is stopping you now from achieving this goal?
7. Are you committed to changing aspects of your team to achieve your future goals?
8. Team number and dynamics. How do you operate now?
9. Our area of expertise is to talk cohesion through a team psychology framework compass, team health, team resilience, team stress management and to strengthen team and client connection. We produce interactive experiences with knowledge transferred in an easy and fun way to the team. You can take this framework compass away with you to form your powerful cohesive force within your day-to-day working environment and extend the team vision outside the workplace. Swift adaptation, motivational platforms (what we need to form that motivational stability and security), trust formation, mentoring relationships (sharing skills and experience), survival techniques (physiology and psychology of team behaviours), working environments and team allegiance.

Please feel free to come out and view the landscape to discuss your team needs or book a time slot to discuss by video chat or by mobile. If e-mail is a better platform for your thoughts, then please use this forum if you wish.

Things to do:

1. Choose the team focus points for a Motivational Mountains experience.
  2. Choose a date and time. We will match this with our calendar.
  3. Think about your team feast supplies.
  4. Organise transport. We will send you specific directions for every team member as well as a gear list. Our team build is not physically taxing but may have weather needs for gear.
- Fill out the health and safety forms.



All information on your team members is confidential. We will ask you if team photos on the day can be used on our Facebook etc.

Have an outstanding day with your team, thank you for connecting. We look forward to focusing on your team for your total team success. We promise to set the scene for a powerful memorable team event and guarantee our team will hand you the team psychology framework in a creative and innovative way.

Nga mihi and regards,

Sally Freebairn (Wilderness Warrior)

