

Momentum's out door Team workshops

"Experience is your best teacher"

Momentum's team workshops are based on the methodology of "experiential learning". Out – door team experience is designed to allow each participant to learn new ways to work within a team, to develop new levels of relationship and to improve collaboration. The challenging exercises, which are taken on video and followed by de-briefing sessions, provide an opportunity to identify how the team works as a unit and how each one contributes to the work. The relaxed learning atmosphere facilitates discussion about issues related to organisational practices, leadership, communication, roles etc.

The role of Momentum's facilitators is to support the team in its own learning process by facilitating discussion, giving feedback and highlighting issues. With refreshed awareness, the team will return to the work place revitalised, balanced and inspired.