

# TEAMBUILDING WALK

The purpose of the teambuilding walk is to get colleagues to talk amongst each other across different departments, seniority and working functions. In other words; mix and connect the participants.

This exercise is great when you want to focus on well-being and community.

## Preparation

Prior to the walk, the leader of the meeting has come up with specific topics that everyone can take part in.



## Suggestions for conversation topics:

- What is a good working place?
- What does a good working place look like?
- Space time interests?
- Where are you from?
- Use "Benspændskort" from [www.tælskridt.dk](http://www.tælskridt.dk)

## This is how

- The participants place themselves in a row of two and two and walk side by side for 5 minutes with no specific topic of conversation.
- Then you make a halt and the leader presents 2,3 or 4 different topics for the participants to choose between. Present it like this: "Everyone who chooses topic number 1 will stand here, topic 2 here" and so on.
- The participants will choose which topic they want to talk about themselves and thereby which group they will be a part of for the rest of the walk.
- In each group the participants go together in pairs and continue the walk while talking about the specific topic.
- Make several stops during the walk and present new topics so the participants will be mixed and get to talk to many different people.