



INDIGO

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**Helping People
To Grow Better
Together.**



100% HRDF CLAIMABLE COURSE

GROWTH MINDSET





PROGRAM DETAILS

PROGRAM : GROWTH MINDSET

VENUE : E&O Hotel, Georgetown

This workshop offers an engaging and purposeful setting for our team to strengthen connections, boost morale, and enhance collaboration. Through interactive activities designed to promote teamwork, trust, and self-leadership, participants will enjoy an enriching experience that fosters creativity, critical thinking, and unity, helping to build a more cohesive and motivated team.

100% HRDF Claimable Course

Inclusive Of :

- One Full-Day Training; Guided with Master Trainers and Skilled Crews
 - Morning: Learning with Team-Building Activities
 - Afternoon: Learning with Team-Building Activities
- Lunch will be a buffet at Sarkies, E&O Hotel.

You can [click here](#) to review the schedule/course outline.

LIST OF TEAM-BUILDING ACTIVITIES

FLOATING BALL DANCE (INDOOR)

Objectives:

Serve as an ice-breaker and help participants build connections with their colleagues.

Description:

Participants hit and pass a ball in the air within the ballroom while lively fiesta music plays. When the music stops, the participant who last touched the ball or is closest to it is called on stage to participate in an "Got Talent Show" and a short interview.



SEDAN CHAIR(INDOOR)

Objectives:

Build trust and team support by fostering mutual confidence and collaboration among team members while encouraging them to rely on one another.

Description:

A sighted team leader is carried on a makeshift sedan chair by blindfolded team members. Together, they navigate the space to collect items on the ground.



HUMAN RING-RING(INDOOR)

Objectives:

Promote teamwork and precision by ensuring team members collaborate effectively to achieve shared goals.

Description:

A participant holding a cone attempts to catch as many rings as possible, which are thrown by their teammates, within a set time limit.



SNATCH & WIN(INDOOR)

Objectives:

Develop focus, agility, and quick decision-making while fostering friendly competition between teams.

Description:

Two teams line up facing each other. When the facilitator shouts commands like "heads," "shoulders," or "knees" in random sequences, participants must quickly react and snatch objects laid on the floor. The team that collects the most items wins.



FLYING BALL (INDOOR)

Objectives:

Enhance focus, persistence, and coordination among participants.

Description:

Participants stand in a line and pass a ball down the line to the last person. Once the ball reaches the last person, the direction is reversed to return the ball to the starting point.



NUTS & BOLTS (INDOOR)

Objectives:

Strengthen risk management, analytical thinking, and decision-making while fostering ownership of ideas and results.

Description:

Teams receive a package of "nuts" and "bolts" and must build the longest and most stable structure. Participants use a "bolt" (represented by a satay stick) to move the "nuts" together to construct the structure.



BALLOON FURNITURE (INDOOR)

Objectives:

Encourage creative thinking, problem-solving, and teamwork in designing and building innovative solutions.

Description:

Teams use balloons and tape to create a stable structure resembling furniture. One participant must lie on the balloon structure for 20 seconds. The team with the sturdiest design that uses the fewest balloons wins.



ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

WHY CHOOSE US?

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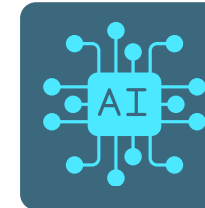
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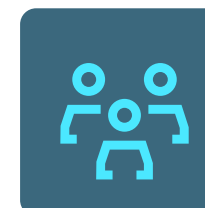
SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



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TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy





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