

[insert ideas here]

Virtual "Team Building"

Our approach

Seagull

These are team sessions that work within a virtual or hybrid event agenda, to replicate the fun, enthusiasm and personal connection that comes from face-to-face events, in a virtual format.

Catapult

Our exercises blend our skills in both designing and presenting events. We aim to prevent virtual event fatigue, with state interrupters that shake up people's expectations and propel the day forward with energy. These are all starting points, and we always love to collaborate, expand and develop ideas!

Ribbon

These exercises are especially effective when used as/for:

- Kicking off the day
- Warming up the group
- A "state interrupter" to shake the day up
- Break time energisers
- Reconnecting teams
- Longer team sessions
- Just for fun!

Zoo

Forum

Battleship



Warm-ups, energisers and state interrupters

Flex

The paper elephant (10 mins)

A short starter exercise that levels the playing field and gives everyone a bit of fun! There's also absolutely no pressure to be good at it...because we're all starting from scratch. We'll ask everyone to grab a piece of paper, put it behind their back and tear out the shape of an elephant...no peeking. Half of the fun is in watching everyone's faces as they complete the task! Who can make the best elephant?

Kite

Poem

Zero-balancing (5 mins)

An "alternative" way of getting your body and mind working together. On one level, it frees up the "energy pathways", by tapping on acupuncture pressure points; on another level, it's just a silly series of actions that will wake you up, switch you on and prepare you for the day.

Solution

Vocal warmups (5 mins)

Have you been talking for a long time? Is your voice getting tired? Or are you just wanting to get everyone ready for the day? These quick head, jaw and shoulder exercises, taken from a professional performer's warmup routine, will relax your speaking muscles and ready your voice...

Cube

Movie

Warm-ups, energisers and state interrupters

Flex

You're Like Me, Because... (20-30 mins)

People are presented with a number of random objects (think a can of baked beans, a cricket bat, a pen, a bunch of flowers, a lemon, etc.). Everyone has to align themselves with the object with which they most identify- no matter how tenuous the link is. Tell us your story...

Kite

Hands up, hands down (5 mins)

A quick-fire exercise that starts from common ground and gradually refines the group down to a select few that have an interesting story to tell. "Put your hands up if you're on this Zoom call...keep your hands up if you're sitting in your office...keep your hands up if you have a cup of tea..."

Poem

Commonalities (20 mins)

Outside of working for the same company, what do we have in common? This exercise builds relationships within the group based on commonalities outside of the business world and gets out some great stories. Categories include: left-handed/right-handed; vegetarian/pescatarian/meat-eater; eldest/youngest/middle/only child, awards/certificates/trophies, broken bones/no broken bones, class clown, heart broken/heartbreaker...

Solution

Cube

Movie

Warm-ups, energisers and state interrupters

Flex

1,2,3,3,2,1 (15 mins)

This exercise looks at knowing when to act and knowing when to be still. It requires concentration, intuition and observation skills to pre-empt and react to the actions of your colleagues. One person raises their hand for 10 seconds, then puts it down. Two people then do the same. Then three...

Kite

Shape Description (15 mins)

How good is your imagination and ability to follow instructions accurately? This exercise will put you to the test. We'll describe a combination of shapes, which, put together, form a picture. Your task? Draw exactly what you've heard and try to be as accurate as possible...

Poem

"Behold!" (5 mins)

This involves a lot of hilarity and good humour. We'll shout a statement that has to be brought to life by specific groups of people. E.g., "Behold! Everybody in Spain has spaghetti for arms!" or "behold! All the men here are paranoid about their ears!" Your job is just to respond in kind...

Solution

Cube

30 seconds to find... (20 mins)

You, at home, have 30 seconds to find something that fits the criteria we announce: most niche utensil, biggest mug, stupidest thing you can stir a cup of tea with, brightest object, something that represents your town or country...go!

Movie

Team challenges: collaboration

Thinking

Improvisation workshop

Most people do not consider themselves imaginative, creative, or able to make something up on the spot. This activity- through the exploration of the basics of comedy improvisation- shows what you can achieve if you allow your imagination free rein, always say "yes" and have the support of others.

Console

Improv PowerPoint

A tricky task for those who are good at thinking on their feet! Members of the team are tasked with hosting a presentation, but they have a slide deck they've never seen before, which may contain some...interesting...content. Can they seamlessly deliver their presentation without knowing what's coming next?

Shoe

Guess Who?

Much like the title suggests, this involves working out who's who. The team are independently asked a series of questions (favourite film, item of clothing, best memory, etc.) and their answers recorded. The answers are then released to the wider team and throughout the event, attendees are given the task of matching the answers to their fellow team members. It's harder than you think!

Artichoke

Table

NB- these exercises can be tailored to the time available.

Speedboat

All exercises ©Colour;Noun 2020



Team challenges: creativity

Thought

Costume party recycling challenge

There's a drive for sustainability right now, but can you replicate this at home? Your challenge is to make your own fancy dress costume- the kicker is that it all needs to be made from recycled materials. Get saving your boxes!

Tent

News bulletin

In the style of a tongue-in-cheek newsroom, teams are tasked with telling the story of the event in their own way, ready to replay to the rest of the group. This could involve pictures and screenshots they've taken of the event, notes and reportages from other attendees, and even interviews! Bonus points for any team that gives the best news-show presentation.

Patience

Beaver

The Art of Business

Teams are given the task of representing their team, function, business- or even their journey over the last months or years- in art form. What you use is up to you, but it must tell your story...how will you do this when you can only collaborate over the virtual airwaves?

Wardrobe

NB- these exercises can be tailored to the time available.

Metrics

Team challenges: creativity

Thought

The Art Gallery

Like *The Art of Business* session, this is a creative exercise, but it's far more personal. Your task is to find an object, picture or structure that you believe represents you, your journey and your contribution to the organisation. Think of it as a time capsule- how will you be remembered? Write up the artist's notes, create your display and we'll tour the "art gallery" together.

Tent

Find Your Treasure

This session is a team treasure hunt with a difference: the treasure is the knowledge you gain and the stories you tell. Using where you live/where you are based as your canvas, find objects and tell stories that represent you, your team and your business...wherever you can find it on your treasure hunt!

Patience

The Storybook Challenge

This session is fun, creative and always features lots of laughter! We'll give you a story (think classic literature, films, plays or even pantomime) and your team will have to work together to tell part- or all- of the story. Yes, virtually. There will be top marks for creativity (think costumes, props and makeup!), collaboration and your willingness to get stuck in...

Beaver

Wardrobe

NB- these exercises can be tailored to the time available.

Metrics

Additional exercises

Book

These tasks can be sent to all attendees as things to complete across the day, reported back on at specific points or at the event close.

Wellington

Show us who you are

Time for you to show off your craft skills. We'd like you to design/decorate a (name badge/hat/glasses/mug/sign) that tells us about you as a person. Make it as personal or as professional as you like- it's all about how you want to be represented.

Care

Bingo cards- event buzzword bingo

Everyone loves buzzwords, especially in business- and we all know which words will always come up in conversation! Tick them off as they come up: "synergy", "reach out", "ROI", "delegate rate"...anyone who gets a full house is the winner!

Mode

Secret tasks

This is more for your own amusement if you're needing a pick-me-up. Try to complete our secret tasks in your next meeting: have a plant in shot, get a certain word into conversation, use song titles...

Arrow

NB- these exercises can be tailored to the time available.

Square

All exercises ©Colour;Noun 2020



Estimated costs

There are two options for our involvement, both with different price points: session design and delivery, which means our professional facilitators/event hosts deliver the session for you, and the “workshop-in-a-box” option, where the session is purchased “off-the-shelf” for you to facilitate yourselves.

Session design and delivery

This includes:

- Design, preparation and execution of all exercises, activities and content
- Working in collaboration with you to tailor the content accordingly (time/audience)
- Rehearsal time/tech time
- Hosting/facilitating exercises/sessions

Up to 2 hours: £600

Half-day: £1,000

Full-day: £1,500

“Workshop-in-a-box”

This includes:

- Use of our exercise/materials for your event
- All facilitator notes and materials delivered to you (virtually and/or physically)
- A briefing call with our facilitation team to run you through the exercises and facilitator notes, with hints and tips

**One-off fee: £200 to £1,500
depending on exercises, prep,
materials and session length**

NB- any and all expenses incurred by us will only ever be recharged at cost.



Pixel

Hat

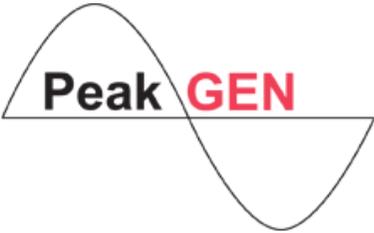
Fork

Flamingo

Carousel

Vault

Clients



We have worked with variety of organisations worldwide, including:



Pinsent Masons

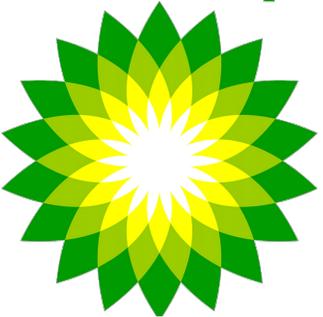


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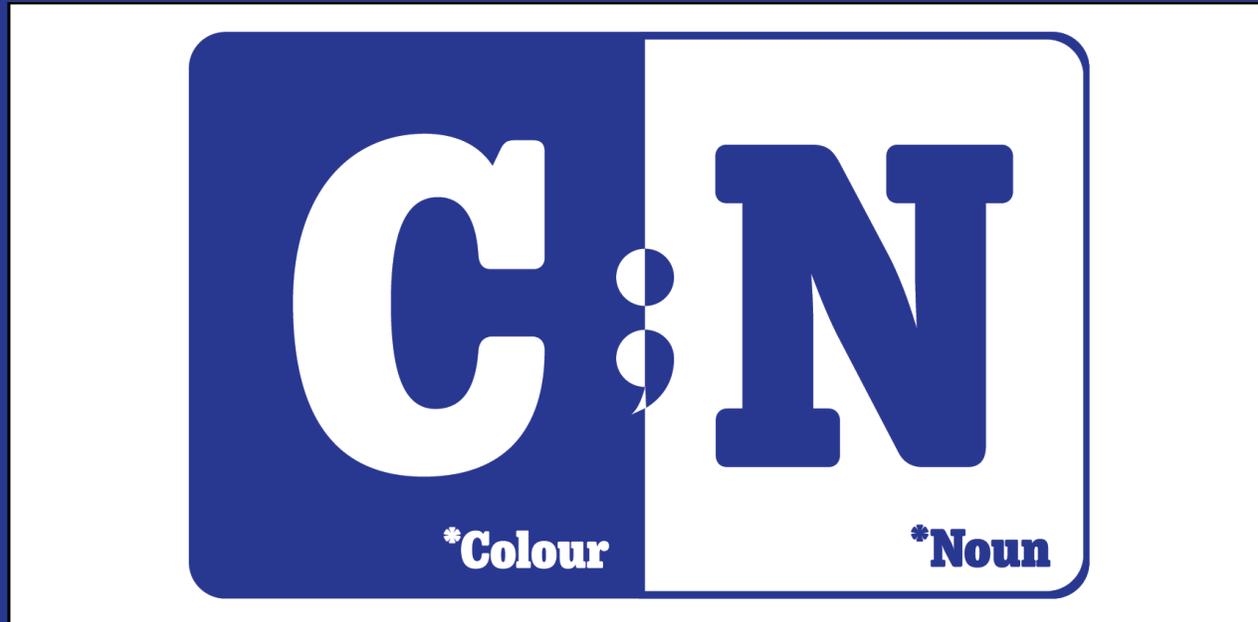
Feather

Cube

Labs

Apex

Concept



[insert ideas here]

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[Book a meeting](#)