



## What is teambuilding?

Teambuilding is a process utilized to either initiate new teams into the processes and skills needed to work together effectively, or revitalize existing teams and move them to higher levels of performance. Candidates for this process include teams at all levels of an organization, from senior management to associates. Teams emerge from the learning experience with a fresh sense of direction and practical strategies for working together to achieve greater results.

The complete teambuilding experience consists of four two-day sessions, with eight to ten weeks between sessions to allow time for learning integration and practice. The entire process can typically be completed in 8-10 months.

IT IS IMPORTANT TO NOTE that teambuilding is not skills training per se, and that a great deal of how we structure a teambuilding experience (the sequence, what is delivered when, what is gone into in more

### About Us

Since 1989, JDA has focused on improving the performance of the world's top companies. Its services span skill-based training, leadership development, executive coaching and team alignment. Through JDA's expertise and unique "Performance-Sustaining" process, the company creates more than change—it enables long-term shifts in individuals, teams and performance levels.

Working with business leaders such as Deutsche Bank, Morgan Stanley, Kroger, Kraft, UBS and Roche Pharmaceuticals, JDA has enabled measurable, sustainable improvements to performance across many sectors and success metrics including productivity, communication, morale and sales. For more information, please visit: [www.jdainternational.com](http://www.jdainternational.com).