

# BWI HEALTH PROMOTIONS™



Worksite & School Wellness

HEALTH EDUCATION ■ TEAM-BUILDING ■ FITNESS

## GROUP WORKSHOPS:

### Team-Building 101

Have FUN learning about your co-workers, classmates and/or yourself! This workshop defines the principles of teamwork, offers opportunity to interact with your peers and teaches "how to" complete activities that require team strategies. *This workshop is a great program for groups looking to implement teamwork, inspire creativity and enhance communication skills.*

**Goal of the workshop: Every participant who completes Team Building 101 will:**

- Understand the importance teamwork plays in the overall success of the group
- Define their personal leadership skills and individual strengths within the team
- See the value of problem solving & creative thinking to tackle tasks
- Have a greater awareness of the importance of strong communication skills

### Team-Building 200

This program expands upon the information learned in the Team-Building 101 class, highlighting the importance of communication and teamwork. This program has a strong emphasis on the interactive activities and hands-on programming.

**Workshop focuses on strategies to improve:**

- Teamwork and individual leadership roles
- Team problem solving & creative thinking
- Team communication skills
- Continue to build on foundation provided in Team Building 101

### Leadership & Relationship Building

Leadership is internal and external in nature. Your team depends on good leadership, and your leadership needs to understand the team. This program helps to develop the knowledge and skills necessary for building relationships within your team.

**This Program will Help You To...**

- Discuss the dynamics of a good leader and building relationships.
- Better understand the health of your team.
- Offer insight on how to work together and build a strong team.

**Call BWI Promotions TODAY for Bookings!**

BWI Promotions – “Outsourced Wellness Services” – 8355 Cherry Lane, Eden, NY 14057  
Phone (716) 992-2732 – Fax (716) 992-3747 - [www.battleworks.com](http://www.battleworks.com) - [battleworks@verizon.net](mailto:battleworks@verizon.net)