

# HAPPY EMPLOYEES & MORE PROFITS!

## The many facets of corporate team bonding



**A**s we enter the New Year, make it your company's resolution to also improve team relations amongst your staff.

Why is it important to have employees who are happy?

When team morale is high, it has been proven by many business experts that efficiency, performance and most importantly, profits, all increase. Hence, corporate team building can play a significant role in the long term strategy of your company and its growth.

The first step to achieving positive team

morale is to make your employees feel like they belong. So, it doesn't matter if your employees are young or old, every one of them enjoy taking part in activities that can give an increased sense of belonging.

It has also been found that team building exercises which are held away from the workplace have the best effect on your employees. Having it externally places everybody away from the customary and routine distractions and familiarity, giving your employees the opportunity to mingle and interact in a new-fangled environment, without facing the day to day pressures.

Now we understand that amidst the tough and challenging business environment, much of an employer's precious time goes to running the business and there is little time to constantly plan for corporate team building activities.

Fret not! Corporate team building activities and events do not have to be elaborate or huge tasks that takes weeks to plan. Keeping it simple works best!

Not sure what to do this year? Here are two fresh and interesting places with unique concepts where staff can attend as a team, have fun and achieve something together.

## Food Playground

For those who want to just have fun and socialise while cooking a meal together, Food Playground is the just the right place for you and your employees. Food Playground offers corporate team bonding cooking exercises which ensures that all employees work well together in their teams to produce a finished product.

With a passion for cooking and a heart to help others learn the art of cooking, Food Playground hires zealous retirees, foodies, homemakers etc., as their teachers and chefs. Led by a set of these veterans' very own unique recipes, concocted and established through many years of passion and cooking experience, the teams are guided and will work together to reproduce an agreed menu, coupled with elements of challenge and team building.

With a wet market located nearby to its premises, the enthusiastic folks at Food Playground are willing to organise team trips down to the wet market to purchase fresh poultry, spices, and vegetables for use during the cooking session. For those looking for a fuss-free experience, Food Playground will make all preparations of ingredients set for the day! All you have to do is to come down with your employees and start cooking right away.

The kitchen where most of the activities will take place is well furnished and equipped with colourful kitchenware, state-of-the-art fryers, juicers and a wide range of assorted kitchen appliances. They even have a soya milk maker - which is absolutely perfect for the nutritional cooking classes at Food Playground. After creating your team's very own sumptuous meal, everyone can get together and sit down, bond, and eat.

Working hand in hand with Workplace Health Promotion (WHP) consultants, Food Playground's hands-on nutritional cooking classes enable many SMEs to tap into WHP grants to improve health and nutrition knowledge of employees, and simultaneously build teamwork and cohesiveness at these classes. What a great way to kill two birds with one stone!

"We had a team bonding event on 13 Dec 2012 and we prepared laksa spaghetti



and ondeh ondeh. Didn't realise food preparation and cooking can be so much fun!" commented Mr Andrew Yee, Resident Manager, Pan Pacific Serviced Suites Singapore.

"I was wondering how to create such an experience at home, but I guess the critical difference is there is no need to shop and wash up. You just show up at Food Playground, and all the ingredients are already laid out for you - pound the ingredients in the traditional way, lots of

cutting, cook (all within good timing and instructions given) and then enjoy yourself made meal. And doing so with your team members bring up the fun and esprit de corp. Highly recommended for team building, family come together and those wanting a taste of Singapore food as it was prepared in the traditional way."

Prices range from S\$80 to S\$150 per pax, depending on the menu for the day as well as how big the group is.

Visit [www.foodplayground.co](http://www.foodplayground.co) to find out more.

## Cups n Canvas

Inspire your employees' creativity as you get to know each other on a whole new level. Cups n Canvas, fashioned upon a café-studio concept, believes in making art accessible and fun for all. The harmony of art and coffee infiltrates this charming cozy little café-studio located along the extended arts belt of Singapore.

Team building using art happens naturally as everyone delves into the world of colour, blending, textures and artistic techniques. Relax, laugh, have a cup of coffee, get involved – and create!

Professional artists and tutors are on hand to assist in the design and coaching of participants throughout the process and courses such as painting, print making, drawing and life drawing are offered. These tutors are well-known independent artists, able to cater to the needs of various groups of individuals.

During the art sessions, participants are encouraged to let their creative juices flow, creating unique and individualistic masterpieces that best tell a participant's story. With professional guidance laced with endless patience, novices and experienced artisans alike can physically manifest their inner thoughts and feelings onto canvas, pottery or simply paper. What can be more invigorating and cohesive than a combined mural from the eagers hands of your employees.

The food is also nothing to scoff at. With a wide selection of main courses from the PK Duck Sandwich to the Blanc Bacon pasta, Cups n Canvas also features a tantalising assortment of cakes and muffins baked in-house. Depending on the day, you can have Earl Grey Cheesecake or Red Velvet Cheesecake to go with the delightful staple dishes, washed down with a cup of coffee, tea or ice-blended concoctions.

For Corporate Events such as festive gatherings, birthdays or event openings, Cups n Canvas offers packages incorporating both venue and food for approximately 30 participants. Rates range from S\$3700 to S\$5000, depending on the duration of the event and the selection of food and drinks for the day.

Spend some time with your staff today, and they will reward you with better performance tomorrow.

Visit [www.cupsncanvas.com](http://www.cupsncanvas.com) to find out more.

