

Group Therapy

Forge stronger bonds, resolve conflicts, and foster team harmony.

Group therapy is a team building activity that involves a licensed therapist facilitating a group discussion to help team members build stronger relationships and improve their communication skills.

How it Works:

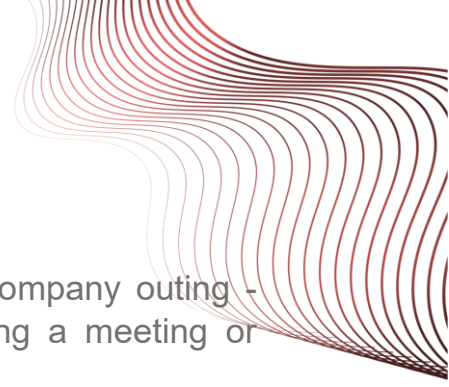
During the session, team members may discuss various topics such as personal challenges, work-related stress, or team dynamics.

The therapist will guide the conversation and encourage team members to express their thoughts and feelings in a safe and supportive environment. Through the discussion, team members may gain a better understanding of each other's perspectives and experiences, which can improve team dynamics and promote empathy and understanding.



Activity Details:

Duration	Group Size	Physicality	Venue
60 min	10 – 1000	Low	Indoor



This Activity is Ideal for:

Staff gathering - Building new teams - Staff celebration - Company outing - Teams development - Improving communication - Energizing a meeting or conference - Public holidays - School trips - Birthday parties.

Tailoring:

Mazecs activities are all about customization. Would you like specific duration, special event requirements, elements of company branding, culture theme and/or mission statement woven into your team building program? Just tell us what you have in mind.