

Team Building

Be a part of the change where everyone wins.

A Sense of Home offers one-of-a-kind team building experiences.



Enhance Team Effectiveness

According to a recent survey conducted by Deloitte across 130 countries, the number one global workforce trend is teamwork.

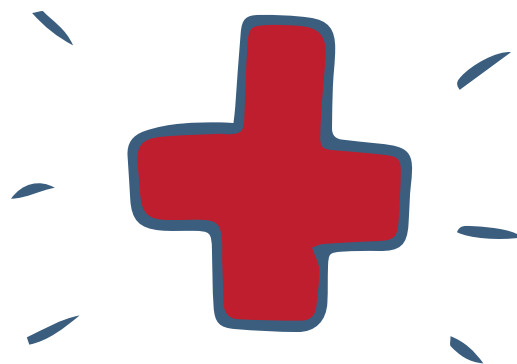
*The ASOH team building experience includes all 5 activities in one—per the top 5 team-building experience activities as directed by the head of the **American Psychological Association (APA) Psychologically Healthy Workplace Program.***



Improve Employee Well-Being

Employee well-being programs have become a \$6 billion industry in the US alone.

Wellness efforts not only yield higher productivity and engagement in the workplace, but help reduce turnover.



Better Overall Work Environment

89% of employees believe companies that sponsor volunteer activities offer a better overall work environment. Employees are motivated to increase volunteerism activities as it improves wellness.

Volunteers have lower mortality rates, fewer incidents of heart disease, lower blood pressure, experience a reduction in chronic pain (where it existed), declines in pain intensity, decreased levels of disability, depression, and despair.



The Research Behind Enhanced Team Effectiveness

David W. Ballard, head of APA's Psychologically Healthy Workplace Program and The Center for Organizational Excellence (COE), and co-author of "The Psychologically Healthy Workplace: Building a Win-Win Environment for Organizations and Employees," highlighted the five vital elements to effective team building in a U.S. News & World Report.

The five simple team-building activities that have shown to be successful time and time again are:

1. Volunteering

The best activities are those that:

- Leave the entire team feeling proud to have participated
- Support a great cause in the community
- All involved find it to be an incredible, rewarding experience
- Encourage conversation outside of the workplace

Research proves one feels healthier, happier, and more motivated after volunteering. Research also suggests helping others makes one feel like they have more time on their hands than they thought.

2. Physical Activities

The best activities allow employees to work together and get physical exercise.

3. Field Trips

Provides opportunity to get out of the work place.

4. Professional Development Activities

Experiences that allow for the development of professional relationships in new settings.

5. Shared Meals

Activities that include eating with the team and allowing for casual conversation in a different environment, letting team members get to know each other outside of work.

Happiness is Archived and Enhanced Through Regular Practices That Engage Us...



Even Greater Happiness Is Achieved When We Combine All Four Elements With:



Gratitude
Kindness
Empathy



Optimism
Strength-Building



Meaning/
Purpose
Savoring