

# REMOTE TEAMBUILDING

Over the past few weeks world events remind us the footage of a post-apocalyptic film. Unbelievable, that in the 21st century, humanity has faced such realities. Under quarantine circumstances, many companies are trying to adjust their business to a completely new regime, and the HR team plays a highly important role in this restructuring process. Now more than ever it is vital to prevent panic, not to lose effectiveness, to support each other and cooperate.

In this article, we will provide the most popular and helpful options for teambuilding.



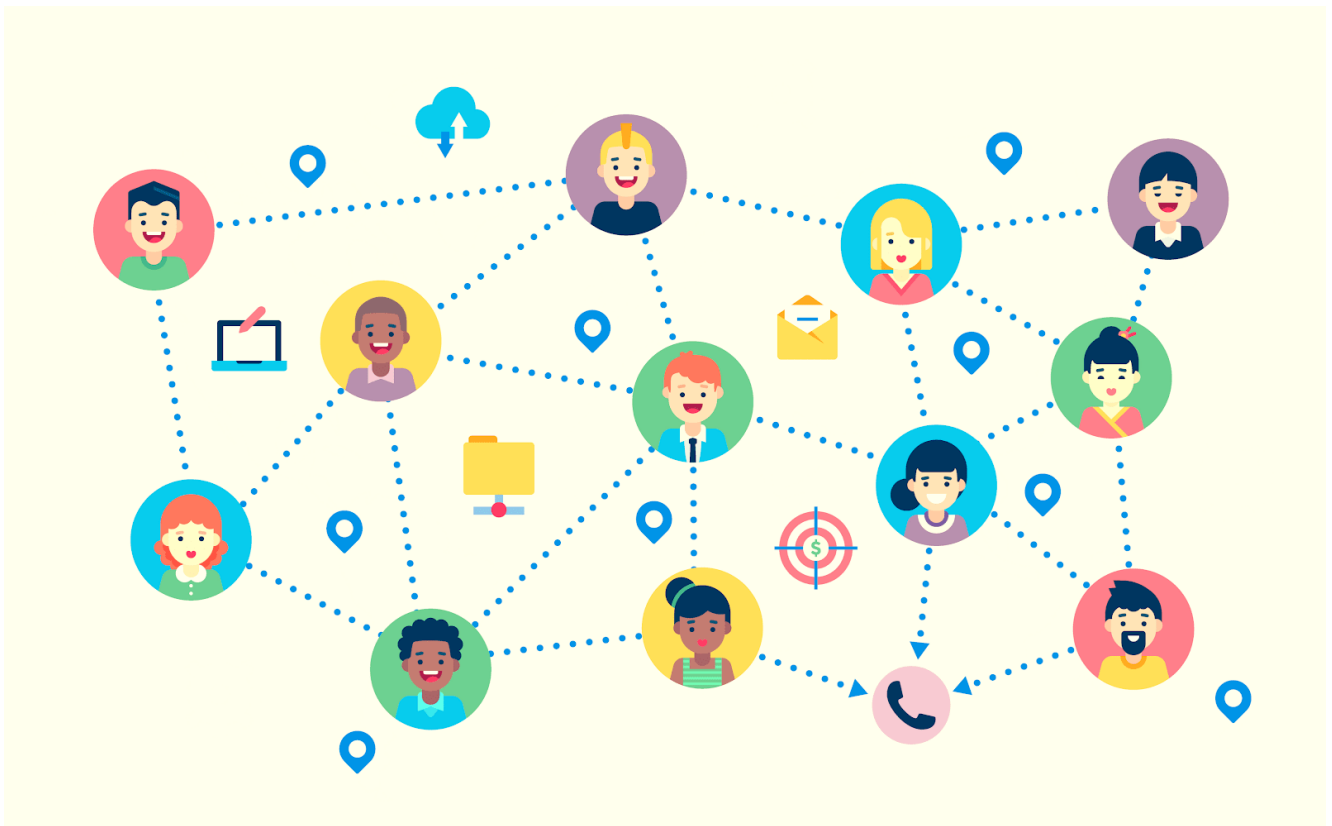
No one can deny benefits of sport for our body. Working at home leads to reduced physical activity and fitness videoconferences will help strengthen not only the body, but also the spirit of the team. It can be morning exercises, competitions, meditations, fitness challenges for the whole staff etc.



One of the most popular trends of the 21st century is self-development. Self-isolation offers teams a good opportunity to study lots of training programs. Without doubt online courses will positively affect employees, give them new knowledge and skills that can be immediately applied. By the way, in the learning process, you can add discussions, competitive elements and rewards for the best "students".



During staying at home, people devote more and more time to prepare meals. So, why not to seize the moment and combine business with pleasure? For example, you can share personal recipes in the format of an online cooking workshop. The result of teamwork can be a corporate cookbook.



Place for everything and everything in its place. Except of work, the quarantine is time to have fun, as well. Positive emotions and entertainment are necessary to relieve stress and relax. For employees, you can create a number of exciting tasks, quests, challenges, for instance, reading a book, growing onion in a pot, singing a song, reading your favorite poem, exploring your own home to find tips, creating still-life for photos. Such activities help discover something new in yourself, your colleagues and share positive experience.

Like any crisis, the pandemic will end someday, and everybody should return to their productive and active working rhythm. These teambuilding techniques make it possible to reveal employees' potential, not to be afraid to experiment and to comply with all the rules of self-isolation.