



# Activities Team Building

**Rh.**  
***mais***

● Fun is cleaning stains together.



# Sustainability

Sustainability is one of the topics, both from a societal future perspective and from a more micro vision, applied to the day-to-day activities of organizations.

The activities proposed by RHmais aim to address issues in the business context, working with teams of employees on various aspects of sustainability and its role in their personal and professional daily lives.





Humor is a constant in the life of organizations and their professionals. We believe that knowing how to use it appropriately can be beneficial in building better relationships and better teams.



# Customization of Activities

Below we present the range of activities related to Sustainability and Humor themes that RHmais organizes for the teams of Employees of its Clients and Partners.

However, each proposal is designed - in its objectives, logistics, program of activities, and budget - tailored to each partner, thus ensuring an adjustment between the context of each Client and the approach adopted in the proposal.





A conceptual image showing five hands, each holding a small green seedling with soil, arranged in a circle. The background is a solid teal color. In the center, there is a dark blue rounded rectangle containing the word 'Sustainability' in white.

# Sustainability



## *Sharks, mosquitoes, and Rock n' Roll.*

A lecture during which João Correia (see presentation later on) goes through his life and career, emphasizing the importance of being persistent in order to achieve the goals we set for ourselves, no matter how crazy they may seem.

All of this is addressed through his life dedicated to the ocean and some of its most misunderstood inhabitants: sharks.

**Duration:** 60 to 120 minutes (adjustable).



## *Loving the Planet*

João Correia paints a more or less bleak picture of the current environmental situation but quickly turns the page, pointing out a multitude of small environmentally positive tips that we can adopt daily in our lives.

Duration: 60 to 120 minutes (adjustable).





**Humor**





## *Humor in Communication Lecture, by Paulo Oliveira.*

- Can humor enhance day-to-day communication?
- Can humor be an advantage in the sales process?
- Can humor bring people together?

A light and fun lecture, with practical lessons that can change perspectives and make a difference in day-to-day communication and productivity.

**Duration:** 60 minutes of lecture + 30 min of Q&A;

**Content:** adapted to the company's needs;

**Groups:** from 8 to 250 people (possibility of larger groups).



## *Music and Creativity*

More engaged employees, stronger team reinforcement, and increased connection to the company's culture;

**Program:** Meeting/Coordination + Musical Theme -> Creative Team Building Session -> Meeting for the final writing of the Anthem -> Audio Recording and Production of the Theme -> Video Clip Editing of the Session;

**Content to be delivered:** Anthem Audio Master | Anthem Ringtone | Session Video Clip | 5 Micro Video Contents;

**Duration:** between 90 to 120 minutes;

**Participants:** up to 100/session;

**Format:** In-person.



## *Workshop on Humor in Communication*

A training that really moves people. More than just stepping out of the comfort zone, it is about understanding how to handle and manage discomfort. With a fast pace and a practical and objective approach, with humor and a motivational tone that helps participants.

Communication | Voice and body | Rapport and other tools | Humor, Theories, Types and Tools | How to use more humor in communication | Managing stress in presentations | Start your speech with a joke | Humor in team management | Practice and Exercises

**Duration:** 3 hours;

**Alignment:** the session will be recorded for self-analysis purposes of the participants | In the month following the workshop, participants will receive a weekly email with practical exercises;

**Participants:** from 8 to 250 people (possibility of larger groups).



## *What the participants say.*

...the challenge we have is enormous. However, throughout the course, it becomes achievable in an almost magical way. It made me break some fears and became a fantastic experience, to make others laugh. I am very grateful to have taken this training.

Thank you.

Luís Fernando, Life Training, Porto







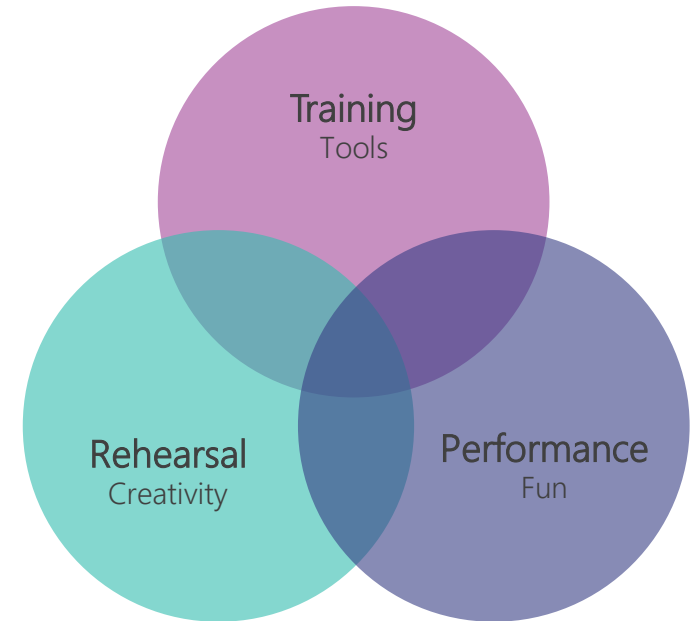
A humorous, fun and personalized activity tailored to the needs of the company. Employees receive training that provides them with tools they can use in their daily work and improve the work environment.

**Duration:** 3 to 4 hours;

**Groups:** from 8 to 100 participants;

**Specifics:** divided into groups, rehearsing and creating humor sketches (skits, musical comedy, etc.). Each group prepares their work with support but without knowledge of the other groups.

The rehearsed activities are part of a comedy show, hosted by a master of ceremonies and give rise to a company show for the company.





## *Personalized Humor Lecture*

Creation of a personalized humor session for the client using video/photo montages or other dynamics, moments of stand-up comedy, and a pedagogical aspect that raises awareness of the benefits of teamwork and enhances the connection with the company.

The content is personalized and adapted to the idiosyncrasies and current moment of the company or the theme of the event in order to make the message to the participants memorable.

**Duration:** 60 minutes (personalized session) + 30 minutes (debate);

**Groups:** from 8 to 150 people (possibility of larger groups).



## *Team Activity*

Music is a form of communication that directly accesses the brain, rooted in the primitive brain structures involved in motivation, reward, and emotion. More than any other stimulus, music has the ability to evoke images and feelings. Our goal is to strengthen bonds within organizations.

Music is a great choice.



## *Corporate music video recording.*

A nossa proposta inclui:

- Pre-production;
- 1-day studio production;
- Recording of an instrumental cover;
- Audio treatment, sound design, and mixing;
- Editing of a 1 film up to 4 minutes with color correction;;
- Photographic coverage;
- Lifetime rights to share on Intranet.





# Customization of activities



- Develop behaviors in participants that allow them to engage in high-performance teamwork and effectively contribute to the achievement of a common goal;
- Characterize work teams in terms of processes and content;
- Recognize the different roles of team members;
- Apply operating rules for good team functioning;
- Develop Team Spirit, promoting Group Cohesion through Cooperation and Information Management;
- Develop team functioning strategies that facilitate motivation in each team member.



- Analysis variables of a team: Dependent variables, Independent variables, and Intermediate variables
- Types of teams
- Communication in work teams
- Roles in work teams
- Cooperative and competitive modes of operation
- High-Performance Team Model – **PERFORM**

**Duration:** 8 hours.

P roject  
E mporwerment  
R elationship and Communication  
F lexibility  
O ptimization of Results  
R ecognition  
M orale

# Teamwork | *Developing Work Teams.*



## *A Warm-up*

Presentation of participants using LEGO.



## *B Farmer's Game*

Solving problems as a team that involve communication and systematization of information.



## *C Roles in work teams*

Questionnaire that increases the perception of each person's roles when integrated into work teams.



## *D Refueling the aircraft*

Problem-solving under pressure, cooperation, and teamwork. It requires planning, structured communication, active listening, task delegation, and flawless plan execution.

# Teamwork | *Developing Work Teams.*



## *E Tangram*

Exercise that allows analyzing leadership styles, cooperation, and competition between work teams. The elements are divided into two teams.



## *F Shipwreck*

This exercise will generate debate between consensus and consent. It appeals to strategy, coordination, cooperation, listening to all opinions, and communication.



## *G Paradoxes and Logic*

To succeed in this game, participants must have good active listening, active, assertive communication, and creative problem-solving skills.



## *H Challenge Box*

Increase team motivation, engagement, and self-confidence.



# Teamwork | *Developing Work Teams.*



## *I Blind, Deaf, and Lamé*

Strategy game, differentiation of coordination roles and effective communication.



## *J The Mirror*

Coordination game and objective communication between team members.



## *K Bono's Hats*

Application of Edward de Bono's technique for problem-solving and improving team performance. Final reflection with a team development plan..

# Teamwork | *LEGO® Serious Play®*



## Objectives

The *LEGO® Serious Play®*, provides an experience for **reflection** and **creative problem-solving** that uses the building process with *LEGO®* blocks to **motivate the exploration of ideas**, **inspire innovation**, and **find solutions** through play.

## Results obtained with *LEGO® Serious Play®*



## Methodology

1. *Present the challenge*
2. *Build a model in response to the challenge*
3. *Share the story*
4. *Reflect on the stories and models created*

Duration: 3 hours.



# Trainers



*João Correia*

Biologist, founder, and CEO of Flying Sharks. Founder of APECE - Portuguese Association for the Study and Conservation of Elasmobranchs. Professor of Marine Biology and Ecology (learn more: <https://youtu.be/ea7PelCeb6Q>).



*Paulo Oliveira*

Humor trainer in Communication and Humor in the Workplace for companies such as NOS, Microsoft, Oracle, among others; trainer in the Portuguese Army for more than two decades.

Creator of the Stand-up Comedy Course (2009) with over 700 aspiring comedians trained to date; Stand-Up Comedian since 2003 with over a thousand performances in Theaters, Bars, and Companies; Keynote Speaker and Presenter of events such as TEDx, Ignite, and corporate events; Artistic Director and Producer of the monologue "Let's understand women, but just a little bit" performed by Marta Gautier.



*Carina Mano*

Graduated in Human Resources from the Polytechnic Institute of Porto. Trainer, HR Consultant, Coach since January 2009. Trainer/Coach: Human Resources, Behavioral, Customer Service, Coaching, NLP, FPIF, TSST, in-person and distance modalities, with over 10,000 hours of training taught.



# The RHmais Team



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# Some of our Clients



## Certifications

- Certified by DGERT - General Directorate of Employment and Industrial Relations as a Training and Education Entity in 16 areas of Training and Education.
- Certified by APCER - Quality Management System, according to NP EN ISO 9001:2015
- Certificate no. 02/CEP.1635.
- Certified by APCER - Environmental Management System, according to NP EN ISO 14001:2015
- Certificate no. 2014/AMB.0725.



# A RHmais | *Integrated Company of People Management Services and Consultancy*



We are a 100% Portuguese company, founded on May 28th, 1987, the largest national company providing Contact Center Management services, also operating in the following areas:

*Business Process  
Outsourcing*

*Airport Services*

*Recruitment*

*Consultancy*

*Customer  
Experience*

*Training*

We are proud to have a team of 2500 employees, motivated and committed to working for the success of our Clients.





Excellence with **People**

Visite-nos:

