

# IT'S ABOUT TIME



Don't have *time* for another Team Building about your problem solving skills? No *time* or energy for another Team Building consisting of falling backwards into the arms of another person to learn to trust them? Does it take too long to run the ropes course? Here is the perfect *one hour* Team Building that involves laughter, gives folks a chance to learn a little bit about each other and breaks the ice at gatherings; and frankly, "**IT'S ABOUT TIME!**"

By using stopwatches as the teams' only equipment and participating in exercises that test teams' internal clocks, we have finally found the short and sweet team builder that won't be a waste of *time*. While measuring successes or failures down to the hundredths of a second, teams play such games as *Deadline*, where they find the quickest team to complete a task and *Just a Quick Introduction*, where team members discover whether they are droning on or cutting themselves short. With games like *Just a Second*, team members see if their internal clock runs fast or slow and in *I Can Only Give You a Minute*, teams find out just how well they concentrate while being constantly interrupted. Additional games round out the one hour competition.

Stopwatches are provided for your teams to use in the competition. There is also the option to have your company logo included on the stopwatches for every participant. With everyone having a stopwatch, you can rest assured that *someone* will keep all your meetings running on *time!*

A quick team builder that includes laughter  
and learning... well, **IT'S ABOUT TIME!**