

Topic

TEAM & COOPERATION

Accompanying teams from the foundation to high performance

An individual can add to his knowledge, a team can multiply it, but only cooperation makes it possible to increase it exponentially. Therefore, common goals and a fundamental definition of a commitment are essential. We help to set the necessary course. From the inception, through the brain-storming phases to ultimate high performance, VitaminT helps to promote the understanding of roles and to learn to see diversity as a strength. We help to overcome pseudo-harmony, silo thinking, power struggles and conflicts, as well as to develop trust, self-image and responsibility through self-organization.

With improvisation theatre to good performance

Ages ago Aristotle had recognized: "The whole is more than the sum of its parts". It is no different with teams. Only through cooperation can the strengths of each individual be enhanced and thus develop their true productivity. We help to strengthen existing strengths and enable (more) understanding for others.

Experience-oriented methods and exercises

Quite often the main task of a team is to deal with unknown situations and unexpected surprises. But who better to learn this than from improvisational theatre. Thus VitaminT with its improv roots can fall back on an almost inexhaustible range of experience-oriented methods and exercises that promote cooperation, leadership and the assumption of responsibility. Especially in unexpected situations.

Promoting understanding through neutral moderation

Furthermore, we help to positively influence group dynamics by promoting mutual understanding with personality profiles such as Insights® Discovery (for which we are licensed), MBTI and other models. Only when you understand your counterpart, can encounters become more successful.

In case of dysfunctions within a team, we develop countermeasures together with all participants and offer our neutral moderation in the form of short retros or longer team workshops if needed; on site or virtually. Therefore, all participants can experience themselves in action in a protected space away from their usual working environment. They can reflect and test new ways of behavior in cooperation with each other.

Case studies from previous projects

How do we support the topic of *team and cooperation* in concrete terms? How do we promote team spirit, team cooperation and consolidate corporate values? Four case studies will illustrate this:



Somfy: Train the Trainer workshop in record time

Goal: Spirit Days to anchor the company values
Format: Large group for all 270 employees
Duration: 1 day



Virtual Collaboration Day as interactive marketplace

Goal: Making virtual collaboration tangible and dissolving resistance
Format: Large group for 500 employees
Duration: 1 day



Allianz Real Estate GmbH: Creative workshops with VitaminT enrich team and value building

Goal: International: Promoting team spirit and consolidating a change in values
Format: Large group 340 international employees
Duration: 2 days



Kanton Bern: Woman and man - what a theater!

Goal: To bring a breath of fresh air into gender-specific communication.
Format: Short format for lunch for 20 people
Duration: 1 hour

VitaminT: Interactive. Business experienced. Realistic.

The tailored alternative to standard formats

Do you already have a topic for which you would like to have a change from existing event formats? Then you are exactly right with us! We can also bring your theme to the stage in a customized way. As seminar theater (for smaller groups), change or forum theater (ideal for large groups), coaching or in other flexible formats. From one hour to two days. Present on site or virtually via videoconferencing system of your choice, allowing you to reach a large number of employees in the shortest possible time - even internationally. In addition to this, we also offer integrated complete solutions in cooperation with our partners, if required. And not only in German, but also in Swiss German, French or English.

You are welcome to contact us without obligation to develop initial ideas:

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