



# Group Development

Build a stronger team

This is more than teambuilding. It's a thoughtfully designed group-development experience that creates trust, clarity, and deep collaboration.

Through practical exercises, smart insights, and shared reflections, we help you understand each other's strengths, manage differences, and build a culture where everyone can perform at their best.

When people with different experiences, perspectives, and ways of working come together, both structure and time are needed to create a well-functioning whole. A group doesn't develop on its own - it's a process influenced by leadership, communication, trust, and goals.

You will go through a series of group-dynamic exercises with different themes. After each exercise, there will be time for feedback and group discussions.

Examples of exercises:

**Belonging and psychological safety** – You will be divided into two groups and tasked with crossing an "acid river."

**Opposition and conflict** – This exercise demands focus and collaboration as you create a square while blindfolded.

**Structure** – The group will, blindfolded, cross a "bridge" and finish with a long-ski challenge.

**Collaboration and productivity** – "The Hook" is an exercise where everyone must work together to successfully hook and lift objects.

**Communication & trust** – One person in each group will use a map and a com-radio to guide the others to various locations in the surroundings. This places demands on both the sender and the receiver.

Build teams that don't just work together - but work smarter, bolder, and more united.

## ALTERNATIVE 1

**2-3 hours**

- Group Development

**Starting fee:** 10.000 SEK

**Per person:** 495 SEK

VAT will be added

**Öppet Hav AB**

Sjövillan, Hus 208, 111 49 Stockholm, Sweden

+46 8-500 33 221 · info@oppethav.se · www.oppethav.se



## Information

- Outdoors
- All year round
- Suitable for small and medium sized groups



### Öppet Hav AB

Sjövillan, Hus 208, 111 49 Stockholm, Sweden

+46 8-500 33 221 · info@oppethav.se · www.oppethav.se