



TEAM BUILDING TRAINING

FIREWALK TRAINING • CUSTOMIZED LEADERSHIP
TRAINING • TEAM BUILDING TRAINING • TIME
MANAGEMENT SKILLS • MOTIVATIONAL TRAINING

MITESH KHATRI

Transforming people to Lead like Entrepreneurs

www.miteshkhatri.com

OUR SUCCESS MANTRA HIGH ENERGY

- All our sessions start with a high energy exercise - 30 minutes
- Our state of mind changes with our physiology and this high energy exercise gets the group in a fun and learning mood



TEAM COLLABORATION GAME

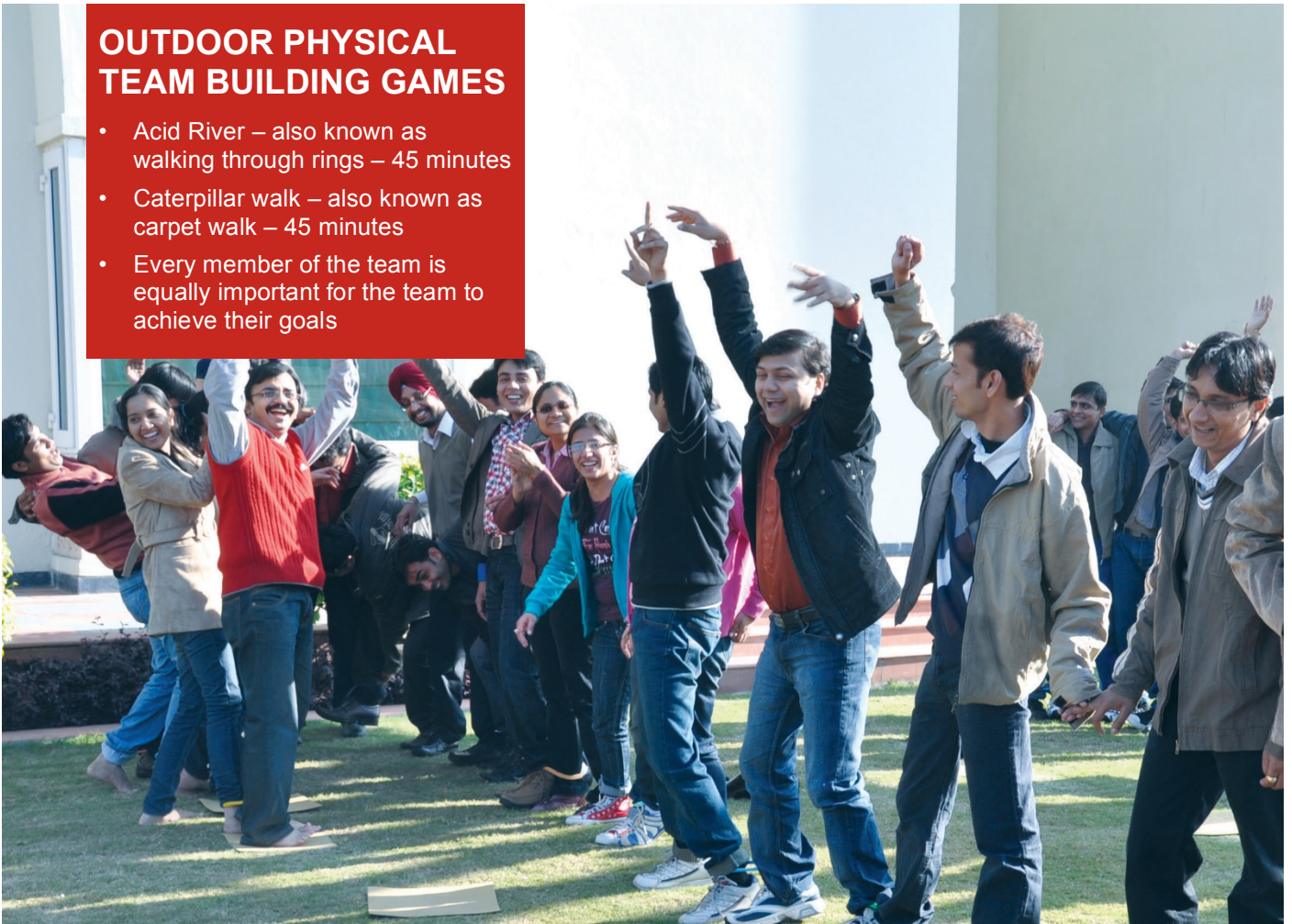
- Win as much as you can (also known as prisoners dilemma)
90 minutes
- We highly recommend this game for team building
- Importance of interdependence, working as one team are the major learning of this game

ROUNDS	A	B	C	D	BANK
1	+100 <input checked="" type="checkbox"/>	+100 <input checked="" type="checkbox"/>	+100 <input checked="" type="checkbox"/>	-300 <input checked="" type="checkbox"/>	100
2	+100 <input checked="" type="checkbox"/>	-300 <input checked="" type="checkbox"/>	+100 <input checked="" type="checkbox"/>	+100 <input checked="" type="checkbox"/>	100
3	-600 <input checked="" type="checkbox"/>	+600 <input checked="" type="checkbox"/>	+600 <input checked="" type="checkbox"/>	-600 <input checked="" type="checkbox"/>	300
4	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	100
5	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	100
6	+600 <input checked="" type="checkbox"/>	-1800 <input checked="" type="checkbox"/>	+600 <input checked="" type="checkbox"/>	+600 <input checked="" type="checkbox"/>	600
7	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	-100 <input checked="" type="checkbox"/>	100
8	-1200 <input checked="" type="checkbox"/>	-1200 <input checked="" type="checkbox"/>	-1200 <input checked="" type="checkbox"/>	-1200 <input checked="" type="checkbox"/>	1200
9	+1500 <input checked="" type="checkbox"/>	+1500 <input checked="" type="checkbox"/>	+1500 <input checked="" type="checkbox"/>	-4500 <input checked="" type="checkbox"/>	1500
10	-5000 <input checked="" type="checkbox"/>	-5000 <input checked="" type="checkbox"/>	-5000 <input checked="" type="checkbox"/>	-5000 <input checked="" type="checkbox"/>	5000

	X	Y
X	Lose/lose (negative-sum game)	Win/lose (zero-sum game)
Y	Lose/win (zero-sum game)	Win/win (positive-sum game)

OUTDOOR PHYSICAL TEAM BUILDING GAMES

- Acid River – also known as walking through rings – 45 minutes
- Caterpillar walk – also known as carpet walk – 45 minutes
- Every member of the team is equally important for the team to achieve their goals



POWER OF TEAM BONDING

- Team bonding through Drum Circle using Buckets – 1 hour



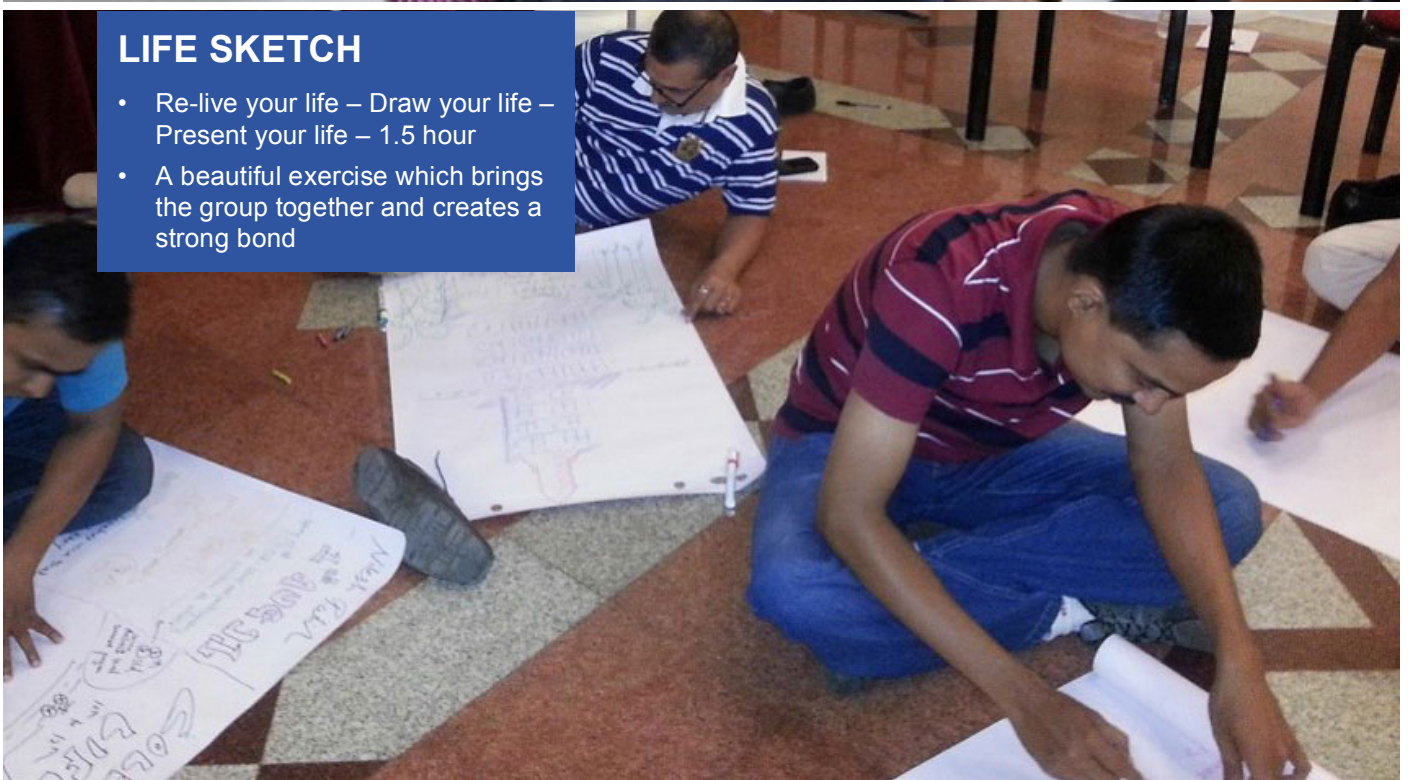
BOND LIKE A FAMILY

- Share your life – Music Based Team bonding game – 30 minutes
- You bond like a family when you share your life



LIFE SKETCH

- Re-live your life – Draw your life – Present your life – 1.5 hour
- A beautiful exercise which brings the group together and creates a strong bond



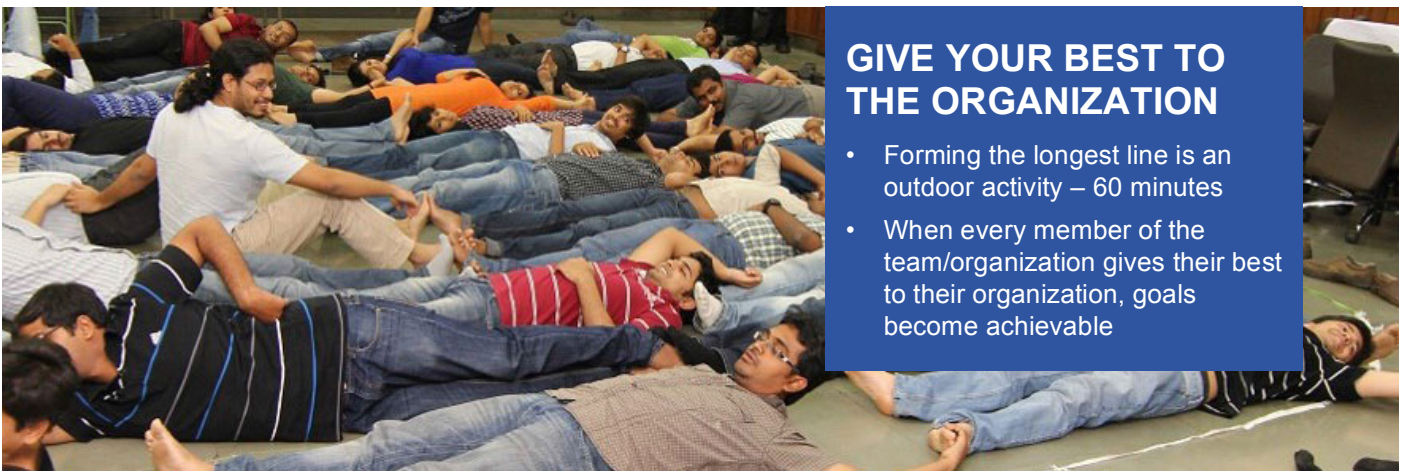
ART OF APPRECIATION

- Appreciation is the soul of growth - 45 minutes to 1 hour (depends on group size)
- Confidence and morale of the team will go sky high when each member of the team will offer appreciation generously



GIVE YOUR BEST TO THE ORGANIZATION

- Forming the longest line is an outdoor activity – 60 minutes
- When every member of the team/organization gives their best to their organization, goals become achievable



IMPORTANCE OF INTERDEPENDENCE WIN WIN ATTITUDE

- Balloon toothpick game
10 minutes



**TOGETHER
WE WILL
MOVE THE
MOUNTAIN**

TEAM COLLABORATION WORK OUT OF YOUR SILO

- Team collaboration game - Picture Perfect – 1 hour



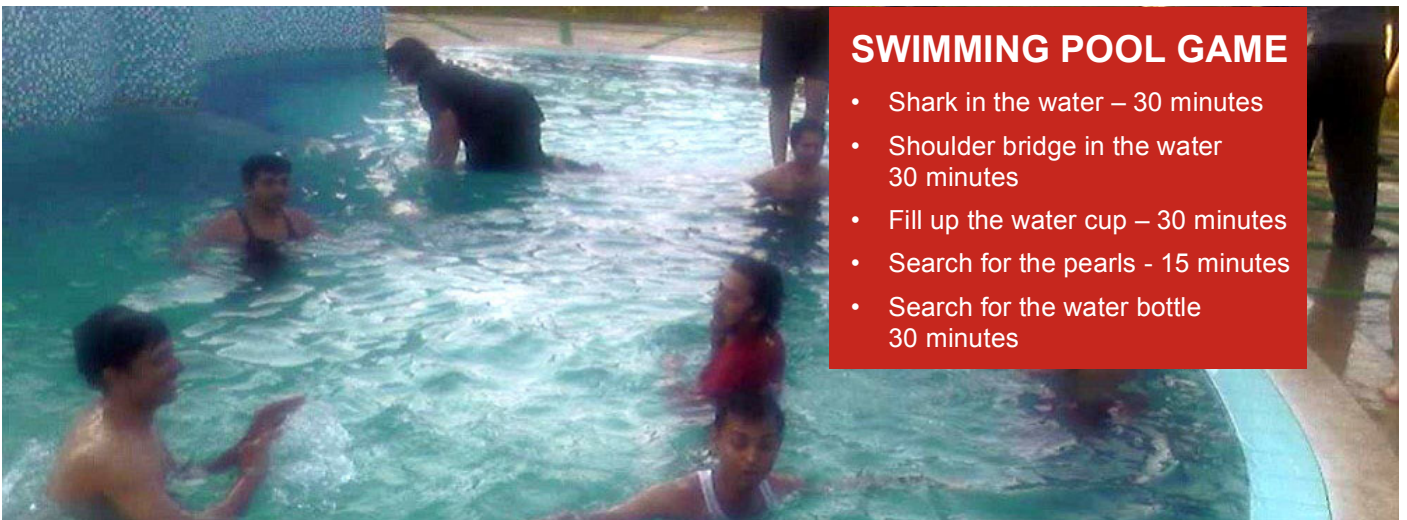
DELEGATION, EMPATHY FOR OTHERS

- Mine Field – 45 minutes



SWIMMING POOL GAME

- Shark in the water – 30 minutes
- Shoulder bridge in the water 30 minutes
- Fill up the water cup – 30 minutes
- Search for the pearls - 15 minutes
- Search for the water bottle 30 minutes



TEAM COMMUNICATION

- Three Island Game – 45 minutes
- Team Communication plays a big role in any organization





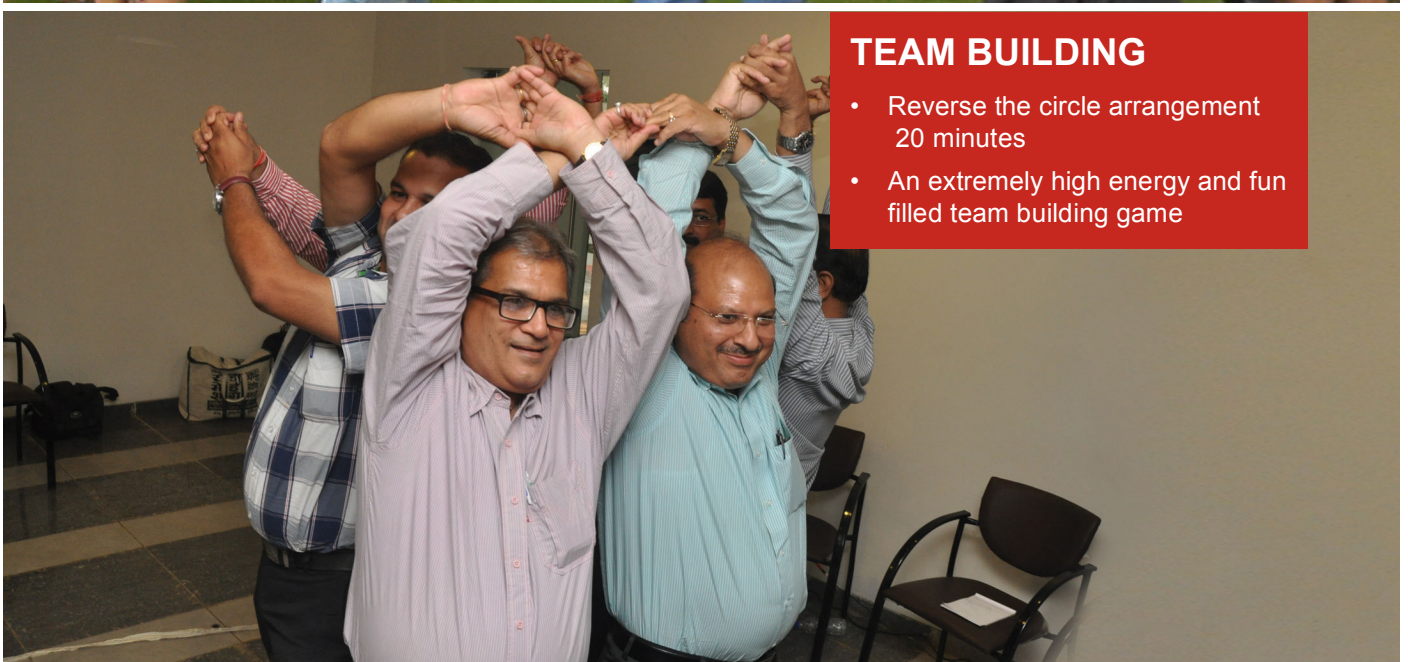
EMERGE FROM FAILURES

- Tower Building – 45 minutes
- Emerge from the failure – rebuild your tower



TEAM BUILDING

- Hoopla Hoops – 30 minutes
- An extremely high energy and fun filled team building game



TEAM BUILDING

- Reverse the circle arrangement 20 minutes
- An extremely high energy and fun filled team building game

FASHION SHOW

- Fashion show using limited props (only newspapers) – 2 hours



BREAK THROUGH CHALLENGES

- Tile breaking – 30 minutes to 1 hour depending on the size of the group
- Breakthrough with tile breaking



GROW BEYOND LIMITATIONS

- Whenever new targets are set and new goals made, fear pops in and limitations will start showing up. This exercise will help you grow beyond limitations and help you overcome your fear
- Broken Glass Walk – 45 minutes





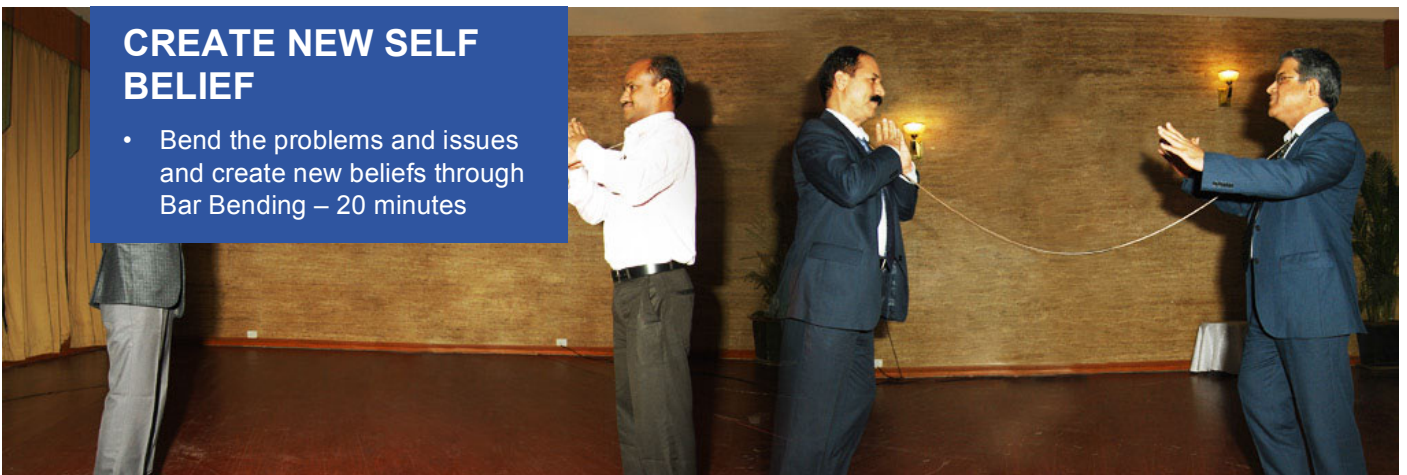
TEAM BUILDING

- Reverse the circle arrangement 20 minutes
- An extremely high energy and fun filled team building game



CREATE NEW SELF BELIEF

- Bend the problems and issues and create new beliefs through Bar Bending – 20 minutes



MITESH KHATRI

Transforming people to Lead like Entrepreneurs

Testimonials

We look forward to engaging in future. As an organization we have been working with Mitesh for a long time.

Mitesh has run various successful behavioral programmes for our teams. all attended Mitesh's session have a very positive input on the impact he has on them as individuals. Have personally been through his session, which are impactful and engaging.

Lynette, Director HR

Amdocs Development Centre India Division

Walk on fire was like walking on grass
I attended only one exercise, I had heard of it. Walk on fire was like walking on grass - that's the belief generated by this fire walk exercise. Thanks Mitesh and Indu.

Deepak Garg, CEO

Sany Heavy Industry India Pvt Ltd.

Fearless to think about any idea in life.

In my 17 year professional career, I have never come across an energetic training like Mitesh did today.

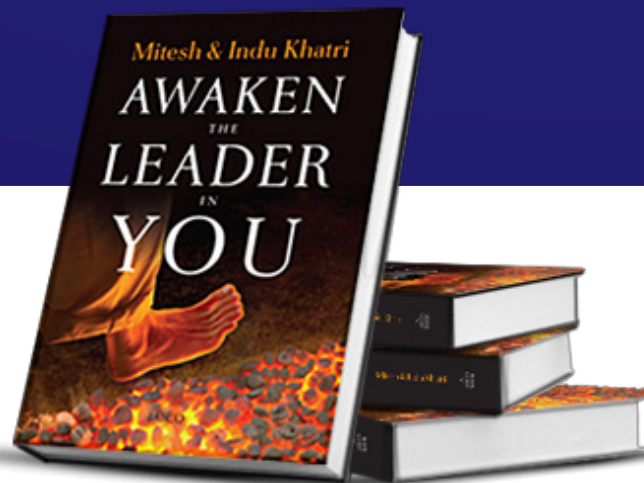
Very engaging and 1000% participation.

I feel fearless! Fearless to think about any idea in life.

Charu Ambekar, Manager Finance and Business Support
Decos Software

THE BEST BOOK ON LEADERSHIP

By Mitesh and Indu Khatri



CONTACT DETAILS:

Address: B2, Kumar Elixir,
Baner Road, Pune 411045, India

Mitesh Khatri: +91 9011061619
Indu Khatri: +91 9011061605

Email: mail@miteshkhatri.com
Website: www.miteshkhatri.com