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Country Sports Events: the Basic Theories by [Julia Roger](#)

Article published on May 23rd 2012 | [Business](#)

In organizing team building days, many companies apply a plethora of theories and principles. Hence, simple as it may sound, team building is an exercise that stands on famous theories like the strength deployment inventory, the social identity theory, theory X and Y, The color works, Forming-Storming-Norming-Performing and theories by noted social scientists and researchers such as Myers Briggs, Abraham Maslow, Tuckman or John Adair. Every organization consults one or most of these theories in organizing their respective team building days. The best part about these theories is that they cover all challenges and situations an employee might face while working in a team.

The theories have undergone extensive research over the years. The researches were primarily led by companies specializing in organizing activities for effective team building. After all, a strong team of employees is the key to organizational growth. Of all strategies adopted by employees in line with the above strategies, Team building events deserve to be mentioned at the outset. These events primarily include exercises, activities and games held in a location kilometers away from known surroundings. The break gives employees an opportunity to put the work pressure behind and rejuvenate. Every organization aims to maintain a happy and cordial relationship with all its staff members. A strong bond between the management and employees will benefit both in the long run.

Country sports events provide the perfect setting where employees can safely forget all their personal tussles and work towards developing a better understanding of one another. However, if your organization is a large one with thousands of employees involved, then taking them all out on a weekend getaway may prove tricky. The management policies imposed in office is better not applied during Team building days. All said and done, if you have a big crowd to handle then seek the help of professional agencies for team building. Backed by years of experience, the specialists know exactly how to keep the crowd under check without making them feel insulted.

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Article Keywords:

Team building events, Team building days