

## Morning Jumpstart

Kick off your group's day with **Morning Jumpstart!** This fun and engaging program was developed based on requests from clients to create an event that can be delivered on any day of the week as a fun way to launch into a productive day with smiles and camaraderie.

Morning Jumpstart will promote team cohesion and enhance relationships through a fun series of games, challenges, and morning wake-up-themed activities.

The excitement begins with a fun group energizer such as *Categories* or *Signature Hunt*. As morning drowsiness quickly fades away, the group will continue to play a series of fun and fast-paced games and activities that will get their blood flowing and build up their energy for the day.

For groups who have spent time apart who want to get reacquainted, as well as for newly formed groups just getting to know each other, mini networking opportunities can also be incorporated where individuals will gather at tables in small sub-groups with a discussion topic or challenge to tackle together. Based on your goals for the session, we can rotate sub-groups at random to have participants connecting with a wide variety of their teammates, or you can assign groups in advance to enhance interactions and bonding within existing functional teams.

This program is not just for mornings either! **Morning Jumpstart** is effective at any time of day, for groups needing a boost of energy between meetings, an after-lunch pick-me-up, or a mid-day mental break. Able to fit into any slot in your agenda, this program can be as brief as 15 to 20 minutes, to up to an hour of fun and bonding interaction. No matter the duration, this program is the perfect option to kickstart excitement and attention spans and make the rest of your group's day more productive.

This engaging session will have participants smiling and creating fond memories of fun interaction while connecting or reconnecting with their colleagues in a positive and meaningful way.

This program can be delivered as a [Hybrid Event](#).

## Program Details

**Group Size:**

30 to 1,000+

**Team Size:**

Varies

**Program Length:**

20 to 60 minutes

**Space Requirement**

25 sq. ft. per person

**Setting:**

Indoor

**Physicality:**

Low

## Program Elements

- ✓ Communication
- ✓ Friendly Competition
- ✓ Fun & Engaging Interaction
- ✓ Relationship Building & Networking

## What's Included?

Pricing varies depending upon the number of participants and includes program design, prep, production coordination and all materials, a professional facilitator and staffing.