

Happy, healthy employees do their jobs

American employers focus a lot of effort, finances in their effort to seek out the best employees. Unfortunately, too many companies don't invest the same level of commitment to retain and nurture those talented employees.

It is estimated that the cost of poor employee morale in the United States is close to \$400 billion through absenteeism, illness and other issues. Equally draining on company coffers is "presenteeism", where disenchanted employees show up, display minimal effort and/or drag other workers into their "pit".



There is good news. The employer can alter the workplace atmosphere. The employer, oftentimes with the assistance of outside expertise, can improve communication, trust, energy levels, empowerment and employee health.



Welshimer Wheels and Lifetime Fitness, LLC, in conjunction with Kingdom Associates, PLLC, is ideally suited to help employers develop a successful and FUN team-building program. We bring the team-building experience to you. The three-hour event, for instance, emphasizes effective and meaningful communication, problem solving, trust and team morale building, conflict resolution etc.

There is no lecture. Each group, assisted by a facilitator, works their way through a series of initiatives that cannot be accomplished individually. Each element requires brainstorming, teamwork, problem solving etc. The activities include:

- Silent Shuffle
- Ultra Web
- Magic Carpet
- Centipede
- Bull Ring
- Three Peaks
- Half Pipe
- Swamp Crossing
- Space Walk
- Sharing the Load
- Trust Wave
- Wind in the Willows

- And more

To schedule an event, or for more information, contact me via email norba@clearwire.net or call me (466-1818, 899-9398). If you would like more visual images of other groups engaging in the “challenge by choice” experience, click on our Wellness/Teambuilding gallery photos at: www.bicyclingtowellness.com/gallery.html.