

## Speed Networking

# Speed Networking: A High-Energy Team Experience That Builds Lasting Connections

Speed Networking is a fast-paced, conversation-driven experience designed to spark new connections, enhance team chemistry, and get your group communicating across roles and departments. Ideal for both internal team building and multi-company events, this interactive format blends playful competition with purposeful discussion in a lively, rotating setup.

Whether you're planning a standalone networking session or want to add engagement to a luncheon or conference, Speed Networking delivers dynamic social interaction and relationship-building that scales to groups of all sizes.

## Program Agenda

This event kicks off with an energizer (such as Categories or the 25 Statement Signature Hunt) to get everyone loosened up and ready to interact. Participants are then assigned to tables of 6 to 8 and begin a series of quick-hitting, discussion-based activities designed to create authentic connections and lots of laughter.

Each rotation includes:

- A shared challenge or mini-game
- Interactive team discussion
- Energy-building conversations and laughter
- A reset and movement to a new group/table

Participants rotate through a pre-determined matrix that ensures they connect with a wide range of people. Activities like Card System, Word Ladder, and Tower Build keep the format light, fun, and inclusive – encouraging everyone to contribute, regardless of seniority or personality type.

## Program Outcomes & Takeaways

- Promotes cross-team engagement and authentic social connection
- Helps teams identify common ground and shared interests
- Strengthens communication skills in a fun, low-pressure setting
- Breaks down silos between departments, levels, or business units
- Provides a versatile experience suitable for internal events or client-facing gatherings

## Program Customization

Your program can be personalized for your group by:

## Program Details

### Group Size:

30 to 1,000+

### Team Size:

6 to 8

### Program Length:

1 to 2 hours

### Space Requirement

Round tables of 8, with 25 sq. ft. per person is recommended

### Setting:

Indoor / Outdoor

### Physicality:

Low

## What's Included?

Lead facilitator and staffing All game/activity materials Rotational matrix design and setup Event prep, design, and production coordination

- Custom icebreakers related to company culture or event theme
- Topic-specific prompts tied to learning, DEI, or leadership goals
- Integration into a larger event (luncheon, dinner, retreat, etc.)

This program works well as a standalone event or as part of a meal or corporate gathering. Each rotation opens doors to building new relationships and strengthening existing bonds. Ready to spark conversation, connection, and collaboration? Book your Speed Networking event today!

To ensure a great experience, aspects of these networking activities may be modified for your group size, group makeup, time available, and other variables.

## Clients Talk About this Program

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Your facilitator for our Speed Networking event Roy was great! Our group loved all the team-building exercises. All of them were fun. The program was a great experience. We got very positive comments from our group and highly recommend this event.

Leslie - [Chevron North America](#)

For photos and video, please visit our website at <https://bestcorporateevents.com/programs/speed-networking>

Or Scan QR Code to visit our website:

