

Virtual Morning Jumpstart

Kick off your group's day with **Virtual 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 workday with smiles and camaraderie.

Virtual Morning Jumpstart will promote team cohesion and enhance relationships through a fun series of game-type 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 games such as trivia challenges, fun polls, and more, that will 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 be split into small virtual sub-groups and report to a break-out space with a discussion topic or challenge to tackle together.

This program is not just for mornings either! **Virtual 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 jumpstart 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:

Up to 100

Team Size:

N/A

Program Length:

20 to 60 minutes

Space Requirement

N/A

Setting:

Indoor

Physicality:

Select

Program Elements

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