TEAM COOKING

My approach is to create experiential experiences while using cooking as a tool to build strong teams.
Through these multi sensory experiences, shared emotions, and close interactions, the team members develop insights that help to create self-awareness. The participants live in the moment, feel intense emotions, and have close interactions with colleagues all the while having good fun.
This approach leads to the ability of the team to build and maintain excellence through first hand experience, involving emotions and sensations.

The goal of this approach is to facilitate an environment in which the participants will get to know each other deeply and form effective working groups. Our goal is to create the relationships, cooperation, and mutual trust and to motivate the team to aspire for cohesion and integration.
In these group settings, factors such as effective communication, listening and empathy, and creativity naturally emerge and lead to confidence and trust. In this context the leadership will emerge.