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Tips to enhance effect of team building activities

Different people have different opinions regarding the way to motivate the employees in order to get the best out of them. There are three theories of motivation that most experts agree to. They are needs which are generally hierarchy in nature, hygiene and behavior of the workplace. Each of them can help to motivate the employees to a great extent provided they are met in the correct fashion. Team building activities must be planned keeping these factors in mind to produce better and more effective results.

The first motivational factor is the human need which is varied but more or less the basic remains the same in all individual. It is said that every human being gives maximum priority to his physiological need which is followed by need for safety and love. Two more needs are prominent and they are need for esteem and self actualization.

Apart from the need of self actualization the rest four needs are termed as 'deficiency needs'. Once these needs are satisfied the motivational spirit stops working. It is only the need for self actualization that continues working as long as the person has strength and vigor to perform. Hence if this vital point is kept in mind then much can be done for the welfare of the company. Companies must give their employees opportunities to meet this need of self actualization in order to keep their interest alive in the errands performed.

To get the best out of the employees is not a one way effort. The employees and employers both need to work on themselves and amend themselves for the benefit of each other. A symbiotic relationship must be built up and both must show due respect and regard for each.

Team building activities must ensure that both the employers and employees are involved in the activities albeit not on an equal proportion. Human behavior is difficult to be transformed but not impossible. If dealt with patience and perseverance team building efforts does pay off well in the end.

Adam Smith has been contributing to leading [Team Building](#) magazine for the past 10 years. Thus [Atlanta Team Building](#) are an absolute must if you really want your workers to grow and make the company reach newer heights.

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