



Conferences Catalogue

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About Us

Founded in 2019, TeamLab is an exclusively West Australian company, created by Christine Kuca-Thompson and Jennifer Than-Htay. After years of developing, working with, and teaching teams, Christine and Jennifer decided to pool their extensive experiences and skills to create TeamLab.

Christine, Jennifer, and the team, specialise in building teams through professional development and activities based on proven theories to build individual and team strengths.

We are professional facilitators and trainers with backgrounds in project management, business mentoring, instructional design, human resources, innovation and change management, executive education, career development, and workplace diversity. We have delivered training to the mining sector, private businesses, metropolitan and regional local governments, state government departments, secondary and tertiary schools, and the not-for-profit sector.

TeamLab designs all their courses based on the understanding that everyone learns differently. Our inclusive approach ensures everyone gains new knowledge and insights from our courses that they can implement immediately on return to the workplace.

TeamLab's Values

Professional Fun: We will be professional and have fun.

Be Kind: We will be nice and enjoy our work. We will look out for each other and have each other's back.

Growth Mindset: We are always learning and open to new ideas and ways of thinking.

Strive for Better: We strive for a better you, better business, better events and better community.

Be Inclusive: We embrace diversity and learn from others.

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Welcome to our guide to conference activities, where engagement meets impact in the dynamic landscape of professional development.

Today's conferences often try to pack as much valuable content as possible into a limited timeframe. An overload of information and the traditional lecture format often leaves participants craving more interactive and stimulating experiences. This is where the active event shines. By balancing passive listening with active participation, your conference can deliver a more holistic and fulfilling experience for all involved.

The value of incorporating fun and engaging activities into learning environments cannot be overstated. By infusing elements of play, competition, or collaborative challenges, you can create a vibrant atmosphere that invigorates participants and encourages camaraderie. These activities not only break the monotony of a speaker-filled day but also serve as effective tools for reinforcing key concepts and fostering connection among the delegates.

This is where TeamLab comes in. We offer a variety of activities designed to captivate, challenge, and inspire your delegates. Each activity is professionally designed and delivered to ensure your delegates leave informed and transformed.

Contact us today to talk about what we can do together.

Jennifer and Christine



What is included?

When you partner with us to be part of your conference, you will get:

- A discovery call, or several, to understand your needs and outcomes,
- A dedicated team committed to making your conference great,
- An activity delivered by professional facilitators,
- Flexibility with time: delivered before, during, or after your conference,
- Something new and engaging,
- A conference activity that is engaging and interactive,
- A short presentation accompanying the activity (if relevant),
- The opportunity to give to people in need or living rough (based on the activity),
- An all inclusive price

We can also custom design an activity to meet your needs.



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Click! Colours

Most people agree that good relationships are the foundation of success, but how do you build relationships with people you just don't seem to get along with? This session will give delegates the tools and knowledge to understand why people behave the way they do.



Brick by Thought

Using the LEGO® Serious Play® methodology Brick by Thought enhances team collaboration and problem-solving. The method is a dynamic and engaging tool for corporate training that transforms traditional learning methods into interactive, hands-on experiences.



Helping Hands - Prosthetic Hands

This is your opportunity for delegates to make a real, working prosthetic hand that will be donated to a person navigating life with only one hand. Delegates will hear stories of previous recipients to build their empathy. Then, with a message to the recipient, each hand will be donated to recipients living in developing countries, free of charge.



Pedal Power - Bike Building

Do you remember the feeling you had when you received your first bike? This activity will see delegates will build a bike to donate to local children and give them that feeling of joy. Bikes are suitable to children aged 6-10 and be quality checked prior to delivery.



Game ON!

Game ON is the perfect pick-me-up after lunch or to end the day. In teams, delegates complete a range of fast-paced activities to test general knowledge, recall skills, & lateral thinking. With lots of games it has something for everyone and some friendly competition. Clues & challenges can be tailored to your conference theme.



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Hour of Power - Solar Buddy

Did you know that almost 10% of the world has limited or no access to energy. In the Hour of Power, each delegate will build a solar light that will be donated to children living in energy poverty, and learn more about energy poverty. This light will enhance the child's health, education, safety, and the environment.



School Supply Challenge

Hundreds of students go to school without the school supplies they need to succeed. In small groups, delegates will complete challenges to earn school supplies that they will pack into backpacks and donate to local children. We can also accommodate delegates collecting items prior to the conference.



Laughter Yoga

Are your delegates ready for a morale-boosting, endorphin stimulating good laugh? In a Laughter Yoga session, delegates will be guided through a range of laughter activities that combine gentle movements with a playful imagination and the deep breathing of yoga. No exercise clothing or yoga mats required.



Scavenger Hunt

Conference in WA? Why not see WA? A Scavenger Hunt is a great way to see the sights of the local area whether you are a visitor to WA or a local. A Scavenger Hunt can be run the day before for delegates who arrive early or the day after for those waiting for flights out. Contact us on how your conference can showcase WA.



Water Works - Water Filtration Kits

In groups, delegates build and test a real water filtration system that will be donated free of charge to a family living in water poverty. Your conference can make a difference in helping to reduce the impact of water poverty on over 1 billion people world-wide.



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Brush Hour Painting

Participants will each create a piece of art that reflects their interpretation of the theme. Here's the twist: the artwork will evolve as we mix up the artists, challenging them to adapt and integrate new ideas. This engaging activity encourages creative expression but also strengthens bonds, communication, and trust.



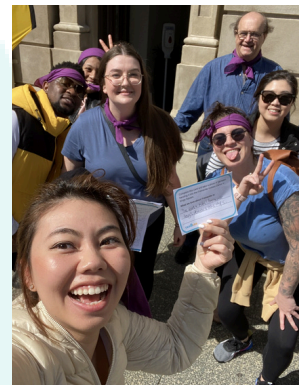
Packs for Good

We all need a little help at times. In this activity, teams of delegates will complete a range of challenges to acquire a variety of supplies to be packed and donated to people in need. This includes non-perishable food items, toiletries, and pamper items. We can also accommodate delegates collecting items prior to the conference.



Icebreakers & Minglers

Not everyone loves an icebreaker but we all agree they are valuable to getting people connecting. We can tailor morning icebreakers or afternoon minglers to your conference theme or WA's iconic areas (wine region, beach, Fremantle, Perth, etc.).



Energisers

Build in some short, interactive activities to re-energise participants, boost engagement, and break long sessions. These activities may involve movement, quick games, or group exercises that help delegates refocus and connect with each other. Perfect after heavy content or lunch.



Custom Designed

Do you have an idea and need help to deliver it? We will work with you to bring your idea to life for your conference. Whether it be indoors or outdoors, or anywhere in WA, we can help. As a WA-based business, we know our state.

