



Port of Baku presents

Be aware that according to the decision of the Cabinet of Ministers of the Republic of Azerbaijan, individuals older than 18 are required to have a 'COVID-19 passport' (two full doses), confirming vaccination against COVID-19 or immunity to COVID-19 in order to be able to enter all the public catering establishments, hotels and large shopping centers.

All Port of Baku events are held in strict compliance with the special quarantine regulations imposed by the Government of Azerbaijan.



in association with

BUSINESS SKILLS WITH SPORTS SOLUTIONS

TEAM BUILDING *INTERNATIONAL*
ON SOCIAL CORPORATE RESPONSIBILITY

in the frames of "Port Community Care" project



"Baku International Sea Trade Port" QSC
Baku city., Nasimi district. U. Hajibayov street 72
Baku, Azerbaijan, AZ1010
Tel: (+994 12) 599-00-03 (3604)
Fax: (+994 12) 599-00-04
Mob: (+994 55) 2247234

Every Saturday
1st Fitness Center

INTRODUCTION

We live in a world of constant change where the acceleration of the economic exchanges accompanies that of the internet revolution which hustles our modes to communicate and our way of transmitting information. The port city as Baku is affected as they are in the middle of these upheavals. The port changes, it is modernized and adapted, but remains very often a closed world which should from now on be made again accessible to the inhabitants, local and international companies, trade and diplomatic missions and people from the port city of Baku and all over the Azerbaijan.

WHY DO WE NEED IT

At the same time, cities struggle to define themselves and compete in national and international stages to attract capital, inhabitants and socio-cultural resources. The interaction between them is a two-way street, in which both have to be open to give and receive inputs for their mutual development. In this context we can see that, in the relation between city and port, local and international business community members (companies, chambers of trade), the citizens play an increasingly important role.

Further on, in the last ten years we have assisted to significant changes in our society. The communication between individuals and institutions has mutated from official channels to the informal social networks. The available knowledge has increased exponentially and the general curiosity about the world we live in has grown to unprecedented levels. All these changes have affected the port-city-businesses-citizen relation, evolving from static positions to dynamic interactions.



A story about team building



In this context Baku International Sea Trade Port (Port of Baku) is convinced that the Team Building International concept which is the product of Port of Baku International Cooperation Department has become a formidable tool in the search of appropriation of the port by the business community in face of and the development of a more sustainable relationship between port and local, international companies, trade and diplomatic missions for the better networking, cooperation and communication.

In the frames of “Port Community Care” project which aims to strengthen bilateral ties of cooperation and networking between the Port of Baku and the members of local and international business community we are planning to conduct “Business Skills with Sports Solutions” Team Building on each Saturday in the 1st Fitness Center.

Team Building aims to bring together best sports and fitness experts of Azerbaijan and different corporate teams of international and local organizations, chambers of commerce, businesses elite in order to create a platform for communication and cooperation by using the art of cooking. This 10 hours (full day) hybrid Team Building program will combine corporate and communication activities together with sport and create the platform for business networking between the business elite of Azerbaijan and Baku International Sea Trade Port.

Program

10:00

Arrival to the 1st Fitness Center

Dress code: sport ware

10:00-11:00

Communication and cooperation games

Dedicated to: Body Language and Presentation Skills

(10 small and big team bond games) (photo 1)

11:00-11:15

Coffee and tea break

11:15-13:00

Communication and cooperation games

Dedicated to: Emotional Intelligence

(10 construction simulation games) (photo 2)

13:00-14:00

Lunch

14:00-15:00

Communication and cooperation games

Dedicated to: Conflict Management

(5 art oriented games) (photo 3)

15:00-16:00

Zumba Dance class in teams (photo 4)

16:00-17:00

Yoga class in teams (photo 5)

17:00-18:00

TRX, Spinning and

Synchronic Dance class in teams (photo 6,7,8)

18:00-20:00

**Free access to SPA Facilities of the 1st Fitness Center
(Sauna, Steam room, Pool) (men and women separate)**



Team Building in photos



Photo 1
Body Language and Presentation Skills
(10 small and big team bond games)



Photo 2
Emotional Intelligence
(10 construction simulation games)



Photo 3
Conflict Management
(5 construction simulation games)



Photo 4
Zumba Dance Class
in team



Photo 5
Yoga Class



Photo 6
TRX Class



Photo 7
Spinning Class



Photo 8
Synchronized dance Class

Cooperation and Communication

Games and Activities will be dedicated to

Body Language and Presentation skills

The ability to interpret body language is a skill that will enhance anyone's career. Body language is a form of communication, and it needs to be practiced like any other form of communication. Whether in sales or management, it is essential to understand the body language of others and exactly what your own body is communicating for business presentations.



Emotional Intelligence

Emotional intelligence (EI), emotional leadership (EL), emotional quotient (EQ) and emotional intelligence quotient (EIQ), is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s).



Conflict Management

Managing Difficult Conversations requires specialized knowledge and skill development because they are tough to handle without it. During this training course, participants develop an understanding of where, when, why and how to conduct difficult conversations.



Communication

1. Mobilize and tighten team spirit
2. Find creative solutions
3. Build productive teams
4. Improve motivation
5. Optimize teamwork
6. Reduce stress

Cooperation

1. Get to know one another
2. Optimize employee recognition
3. Improve leadership skills
4. Improve communication
5. Increase employee dedication to the companies' growth and success

Skills Development

Leadership

1. Create a positive energy within the team and company
2. Identify the strengths of each member in the team
3. Creates a sense of belonging
4. Encourage collaboration in the team
5. Increase trust amongst the team members
6. Encourage team strategy


Strategic thinking

1. Team productivity and efficiency
2. Sharing of a common vision
3. Demonstrate the importance of the contribution of each team member
4. Team cohesion and synergy
5. Understand the impact of our attitude within the team

Interactive Learning Targets



Interactive Target 1




Directed and self-directed learning in teams and clusters
Site-based learning (dependent on the content)

Interactive Target 2



Variety of learning strategies i.e. lectures, practice and research portfolios amongst others
Parallel use throughout of individual and group contexts of learning

Interactive Target 3



Collaborative learning through interactive group activities, e.g. simulations, debates
Problem-focused deliberation and debate in group context

Interactive Target 4



Critical reflection on group processes and group effectiveness
Critical reflection and reporting on personal growth and insights developed

Price Team building Pack

**Total price
for 30 persons**

4 000 AZN

**Total number of
participants**

30 Senior and
Middle Management
Members

Price includes

- 1: More than 160 communication and cooperation activities
- 2: International Team Building simulation activities
- 3: Interactive class activities in TRX, Spinning and Zumba studies of the 1st Fitness Center
- 4: The 1st Fitness Center teambuilding venue
- 5: The 1st Fitness Center fitness and SPA facilities full day access
- 6: Lunch, coffee and tea break
- 7: Participation Certificate
- 8: Business visit to Baku International Sea Trade Port





Baku International Sea Trade Port
presents

Be aware that according to the decision of the Cabinet of Ministers of the Republic of Azerbaijan, individuals older than 18 are required to have a 'COVID-19 passport' (two full doses), confirming vaccination against COVID-19 or immunity to COVID-19 in order to be able to enter all the public catering establishments, hotels and large shopping centers.

All Port of Baku events are held in strict compliance with the special quarantine regulations imposed by the Government of Azerbaijan.



in association with

"Baku International Sea Trade Port" QSC
Baku city., Nasimi district. U. Hajibayov street 72
Baku, Azerbaijan, AZ1010
Tel: (+994 12) 599-00-03 (3604)
Fax: (+994 12) 599-00-04
Mob: (+994 55) 2247234

Imran Mukhtarov
Senior Specialist
Department of International Cooperation
Baku International Sea Trade Port

BUSINESS SKILLS WITH SPORTS SOLUTIONS

TEAM BUILDING *INTERNATIONAL*
ON SOCIAL CORPORATE RESPONSIBILITY

in the frames of "Port Community Care" project



Every Saturday
1st Fitness Center