



**Baku International Sea Trade Port**  
*presents*

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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**  
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**Every Saturday**  
**1st Fitness Center**

# INTRODUCTION

Constant changes became the reality of modern world in we live. They are economic changes which accompanies internet revolution which in turn modes to community and its development. The international trade ports are change, the become developed and more adapted, but they very often a accepted as closed platforms which should from now on be accessible to the citizens, community members as well as businesses such as local and international companies, trade and diplomatic missions and ordinary people. In the last decades the communication between individuals and businesses has evolved from official communication to the social network connections.

## **WHY DO WE NEED IT**

*Changes affected the port-city-businesses-citizen relation, evolving from start point to dynamic interactions. Port of Baku is convinced that the “Port Community Care” project 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.*



# A story about team building

In the frames of 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 consists of 4 major programs such as “Corporate Wild Camp“, “Corporate Kitchen”, “Day Begins with Coffee and “Business Skills with Sports Solutions” which are team building programs, in the capital Baku and other regions of Azerbaijan in order to moderate the connections of Port of Baku and local communities, businesses through the art of cooking and sports. These programs engage

local and international business community. 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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



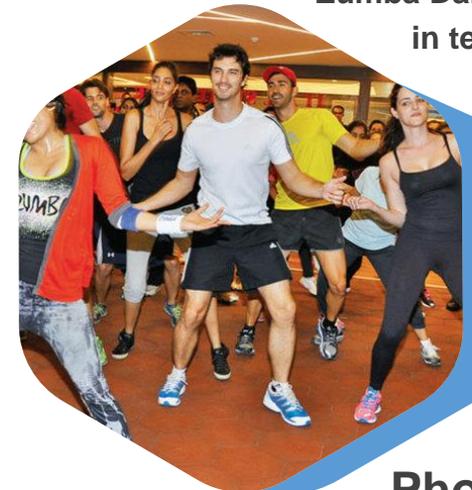
**Photo 5**  
Yoga Class



**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

**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 1<sup>st</sup> Fitness Center
- 4: The 1<sup>st</sup> Fitness Center teambuilding venue
- 5: The 1<sup>st</sup> 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

# **Price** **Team building** **Pack**





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