

Group Therapy

Forge stronger bonds, resolve conflicts, and foster team harmony.

Group therapy is a team building activity that involves a licensed therapist facilitating a group discussion to help team members build stronger relationships and improve their communication skills.

How it Works:

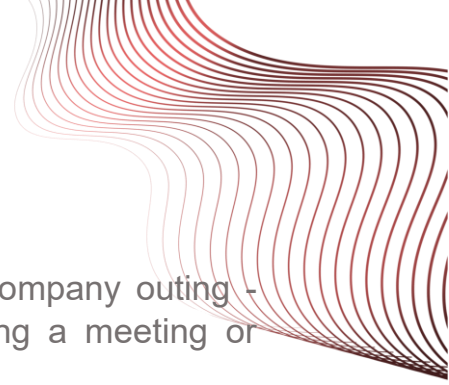
During the session, team members may discuss various topics such as personal challenges, work-related stress, or team dynamics.

The therapist will guide the conversation and encourage team members to express their thoughts and feelings in a safe and supportive environment. Through the discussion, team members may gain a better understanding of each other's perspectives and experiences, which can improve team dynamics and promote empathy and understanding.



Activity Details:

Duration	Group Size	Physicality	Venue
60 min	10 – 1000	Low	Indoor



This Activity is Ideal for:

Staff gathering - Building new teams - Staff celebration - Company outing - Teams development - Improving communication - Energizing a meeting or conference - Public holidays - School trips - Birthday parties.

Prices:

Group Size	Price / Participant
Up to 15 participants	QAR 750 (minimum of 10 participants)
16 – 25 participants	QAR 650 per participant
26 – 35 participants	QAR 550 per participant
36 – 99 participants	QAR 500 per participant
Above 100 participants	Contact us for quotation
Optional	Professional Facilitator: QAR 5000 Hotel (inclusive of meeting room and lunch): Standard hotel: QAR 150 per participant Premium hotel: QAR 250 per participant

Tailoring:

Mazecs activities are all about customization. Would you like specific duration, special event requirements, elements of company branding, culture theme and/or mission statement woven into your team building program? Just tell us what you have in mind.