



The Palms
hotel & spa

MIAMI BEACH

Team Building Ideas



EATING & DRINKING

Chef For A Day (30-60ppl; 2-3+ hours)

The creative minds behind The Palms' varied and flavorful dining experiences, take their passion for inventive cuisine, turning it into a laid-back and fun teambuilding experience reflecting the natural spirit of The Palms! Guests will enjoy working together to create a meal for everyone to enjoy plus take back what they learned to their own kitchens, creating a fond memory of their Palms meeting.

Choice of:

- **Grill by the Garden**
BBQ chicken, burgers, veggies, potato salad, pasta salad, leafy greens salad
- **Match our Menu**
Essensia starter, salad and main course
- **Farm-to-Table**
Traditional 3 courses, local-sourced lunch or dinner. Chicken or pork (seafood/steak additional cost)

Create the Best Guacamole (15+ people, 1.5 hours)

Teams will compete to create the most mouth watery guacamole recipes. Working side by side our culinary team, each of your team members will help to prepare an out-of-this world guacamole. Judge panel will taste and choose a winning team based on team work, taste and presentation.

Mixologist Class and Competition (20-80ppl; 2-hours)

Dive into the world of Mixology and learn the essentials of creating a perfect cocktail. Guests will learn how to choose and use different types of ingredients and how they work together with the chosen spirit (select from: Vodka, Gin, Rum, Tequila, Bourbon, Scotch, Pisco or Cachaça). Teams will compete in creating the best cocktail with a secret ingredient of the day. Cocktails will be judged on flavor, appearance, creativity and the name. The winning Cocktail will be featured at the Essensia bar all night. For the final half hour of the event guests can make their cocktail(s) for other groups in a DIY cocktail party!

LIFESTYLE™

Preferred
HOTELS & RESORTS

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com

Inspired by Nature



ART & DANCE

Painting (15+ ppl; 2 hours)

Art is an inspiring, fun and creative way to encourage and develop team bonding. Chady Elias, the artist, will assist you in choosing a workshop that is tailored to fit your team's specific needs as well as engaging all participants to play an active part.

Available workshops:

- a. **Guided Painting** – choose one of the artist paintings and the artist will guide you to paint and encourage you to reflect your own individual style while being inspired by the original work.
- b. **Guided Freestyle Painting** – work on an idea, word or theme, and the instructor will guide you to paint it.
- c. **Company Mural Painting Competition** – bring the team together through art and cooperation by creating a visual celebration that echoes your company's brand and culture. Make a dramatic statement for everyone to see. You'll end up with one large image that would be great in a meeting room, break area or lunch area

Salsa Dance Competition (15+ ppl; 1 hour)

Dancing is one of the most effective ways of building trust while developing a greater overall team and competitive spirit. Participants learn to strategize, support and encourage each other while forging a strong bond geared towards reaching a common goal, which will translate into greater productivity, increased profits and a positive caring work environment. This program is fully customizable, so that your team can dance as a group, or in pairs, rotating dance partners or competing for best pair. The program can include customized food & beverage packages.

LIFESTYLE™

Preferred
HOTELS & RESORTS

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com

Inspired by Nature



BEACH & SUN

Beach Olympics (10+ ppl; 1.5-3 hours)

Lighthearted activities in a beach setting serve to break down barriers inherent in the workplace, fostering healthier relationships in a fun environment. Activities are designed to enhance effective teamwork and create bonds that last long after the games and laughter are over. The activities provided simulate problem-solving, trust, cooperation, mutual support, commitment, open and effective communication and accountability. Teams can choose from over 20 different activities including: obstacle course, fill the bucket, speed memory, Miami dodgeball, water bomb, sack relay race, tug-of-war, etc.

Beach Volleyball Competition (10+ ppl; XX hours)

An organized competition amongst your team including colorful bandanas, engraved medals and referees. An extremely fun way to create healthy team interaction, break down barriers, foster a positive competitive spirit and enhance bonding opportunities.

Note: The hotel also offers a volleyball net and a bocce set for your team to use on a complimentary basis. This does not include any type of teambuilding guidance. Advance reservation is required and is based on availability.

Sand Sculpting Contest (10+ ppl; 1.5-2 hours)

Sand art is the practice of modelling sand into an artistic form. It can help express and illustrate a company's philosophy or a product launch. Or it can be a message the team wants to create with sand.

Stand-up Paddle Boarding (5+ ppl; 1-2 hours)

Unlike traditional surfing where the rider is sitting until a wave comes, stand up paddle boarders maintain an upright stance on their boards and use a paddle to propel themselves through the water. Because it's not too hard to master, it's a great group activity in one of its most moderate forms of flat water paddling for outdoor recreation or sightseeing as well as SUP Yoga.

On Miami Beach SUP is offered both on the beach and on the bay, with a selection of options:

- **Intro to Paddle boarding:** SUP basics and possible relay races in a 1-hour session.
- **Paddle Boarding Beginner Tour:** Easy 1-hour tour through Miami's waterways.
- **Paddle Board Sup Yoga:** 1.5 hours to increase inner peace, balance, joy and unity with your team on the water.

LIFESTYLE™

Preferred
HOTELS & RESORTS

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com

Inspired by Nature



WELLNESS

Yoga (10+ ppl; 1 hour)

Yoga will help your team relax and de-stress. As they focus on their breathing and holding poses they will meditate and keep their minds off outside factors while being in the moment. Your team will be able to hit the pause button on their lives and will be able to work toward bettering themselves as a group. Happy and energized employees are more motivated and more effective team players. It boosts morale and strengthens interpersonal relationships, two key aspects of having a productive, effective team. All yoga options are for all levels.

Options:

- **Awakening Yoga/Sunrise Beach Yoga** (Mon & Fri 7am (at sunrise))
Start the morning with clarity, creativity, and peace of mind. This smooth, flowing practice sets a tone of positivity and connection to prepare you for the day ahead. The session ends with a guided meditation to reduce stress and create calm space in the body and mind.
- **Relax and Restore** (Mon to Fri 1pm-4pm)
Relax and Restore is a mindful, slowly paced yoga class that incorporates conscious breathing with movement of body. It includes focused and gentle opening of the body and spine, nourishing postures that calm the nervous system and ends with a guided meditation to instill calm in body and mind.
- **Digital Detox Yoga** (Mon to Fri 1pm-4pm)
Tune out the distractions of technology to go within, opening with mindful yoga postures, breath control and a series of specialized stretches to relieve tight wrists and fingers.
- **Yoga for Creativity** (Mon to Fri 1pm-4pm)
Spark your creative fire through a flowing yoga sequence that inspires opening in your body and mind, allowing new ideas and inspiration to flow in. This all-levels class ends with a guided meditation to enter a new frame of mind and shift into a fresh way of thinking.
- **Teambuilding Yoga** (Mon to Fri 1pm-4pm)
Get connected to your tribe through poses that require collaborative effort, helping each other into poses that build trust and understanding. This dynamic class uses partners to assist in poses like headstand – making impossible sounding yoga moves very accessible and lots of fun!

LIFESTYLE™

Preferred
HOTELS & RESORTS

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com

Inspired by Nature



NATURE & ENVIRONMENT

Beach Cleanups (10+ ppl; 1.5 hours)

The Palms Hotel & Spa is an environmentally friendly hotel that hosts regular beach clean-ups for its staff, guests and the community at large. You can join one of their clean-ups or host your own. The clean-up would be lead by a member of the hotel's Green Team and would include a full-briefing and some background and information to the Florida's precious eco-system. An informative and positive way to do your part in protecting mother earth, creating awareness and offering a bonding experience to your team.

Natural and Cosmopolitan South Beach by Bike (5+ ppl; 3 hours)

A distinctive and personalized guided bike tour of South Beach's natural treasures and the district's thrilling history. In South Pointe Park, with Miami's skyline as your backdrop, your group will see brilliant tropical fish, birds and seaside flora. Then the tour will pass by lush and shady Meridian Avenue, full of abundant vegetation, charming cottage-style houses and quaint studios and cruise along Ocean Drive, Lincoln Road and Española Way, home to exceptional Art Deco, Miami Modern and Mediterranean Revival architecture.

Miami Beach Botanical garden Tours (5+ ppl; 40 minutes)

Tue to Sun 9am-5pm

Explore together with a guide the horticulture, ecosystems, water features and history packed into this wonderful tropical garden's 2.6 acres. Money raised through the tours benefits the Garden, a non-profit organization.

LIFESTYLE™

Preferred
HOTELS & RESORTS

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com

Inspired by Nature