



# DIGITAL DETOX WORKSHOP (TEAM BUILDING)

*“Creating Ideas,  
Strengthening Teams”*

An interactive team-building experience designed to strengthen communication, creativity and collaboration through hands-on 3D design activities.



TVET  
Smart Choice  
Bright Future



CREATIVE  
TEAM  
ACTIVITIES



3D DESIGN &  
PRINTING  
EXPERIENCE



COLLABORATION  
CHALLENGES



FUN  
ENERGIZER  
SESSIONS



Workshop  
Programme



FOR  
CORPORATE  
TEAMS



FOR  
ORGANISATIONS



FOR  
STUDENTS

# DIGITAL DETOX WORKSHOP (TEAM BUILDING)

## ABOUT THIS WORKSHOP

An interactive team building programme that strengthens teamwork, communication and engagement through creative hands-on activities using 3D printing technology.

Combined with energizer and therapeutic activities, the programme encourages stronger connections, creativity, and positive interaction across all departments.

## TARGET GROUP

- Corporate and non-corporate organisations
- Office teams from all departments
- Management, administrative, and marketing teams
- Schools and student groups
- Organisations seeking creative team-building activities

## ENTRY REQUIREMENTS

- No technical background is required
- Basic understanding of English
- Basic computer literacy is encouraged

## TRAINING PROGRAMME DETAILS



**DURATION**  
1 Day



**TIME**  
10:30 AM – 5:30 PM



**NO. OF PARTICIPANTS**  
15 – 30 pax per session



**SOFTWARE USED**  
TinkerCad & others



**LANGUAGE**  
English



### WORKSHOP METHODOLOGY

Employee Engagement, Team Collaboration, Interactive Learning, Hands-on Activities, Core Value Integration & Team Presentations

## TRAINING OUTLINE

	9:30 AM – 10:30 AM	Participant Registration
	10:30 AM – 10:45 AM	Opening & Workshop Introduction
	10:45 AM – 11:00 AM	Ice Breaking & Energizer Session
	11:00 AM – 11:15 AM	Group Formation (Divide into groups)
	11:15 AM – 1:00 PM	Teach & Model Class: Introduction to 3D Printing & Hands-on TinkerCad Modelling session
	1:00 PM – 2:00 PM	Lunch Break (Facilitators will review and adjust participant models for printing preparation)
	2:00 PM – 2:30 PM	3D Printing demonstration
	2:30 PM – 4:00 PM	Energizer Activities (Interactive & Therapeutic sessions conducted while waiting for printing process)
	4:00 PM – 4:30 PM	Tea Break
	4:30 PM – 5:15 PM	Group Presentation
	5:15 PM – 5:30 PM	Certificate award & Group Photo Session

## LEARNING OUTCOMES

By the end of the workshop, participants will be able to:

- Demonstrate effective communication within a team to achieve a common objective
- Reflect on the importance of teamwork in achieving organisational goals.
- Understand the basic concept of 3D printing technology
- Navigate and use TinkerCad for simple 3D modelling
- Creating a customised 3D printed badges
- Experience a fun and engaging digital detox activity outside daily work routines



### PJ CAMPUS

Block B, Level 3, Menara Harvey Norman,  
46100 Petaling Jaya, Selangor  
03-7931-3139



### JB CAMPUS

Level 7, Citrine Hub Sunway Iskandar,  
81550 Iskandar Puteri, Johor  
07-509-0694



Scan to learn more about us!