



Top: Lena Munk's sheep provide workshop participants with some very hands-on lessons on teamwork and communication. Below: Management consultant Lena Munk has a decade of experience of helping people and businesses grow.

## Building the best team in your field

**In a small village 30 minutes outside Copenhagen, 60 sheep are teaching corporate teams a thing or two about communication and teamwork. Behind the effective team-building activity is Danish consultant Lena Munk, who has specialised in organisational development and team culture.**

By Signe Hansen | Photos: Lena Munk Consult

Effective teamwork in the workplace is at the heart of the various team-building activities and seminars offered by Lena Munk Consult. Set on a farm in the small village of Pederstrup, the company offers a truly unique and effective approach to team development, using a flock of 60 live sheep. "When we work with live sheep, everything becomes very real. The emotions, the thoughts and the things we say are genuine reactions. That provides an excellent starting point for examining and discussing the teamwork and drawing parallels with the office environment," explains Munk.

With 15 years of management experience behind her, as well as a Master in the Psychology of Organisations and an MSc

in communications, Munk has a decade's worth of experience of helping people and businesses grow. Through her consultancy, Munk and her associates offer a number of workshops and activities, as well as one-to-one leadership development. Among the many clients to have enjoyed the lessons learnt from the sheep – and Munk, of course – is Emilie Just Nielsen from Hillerød Municipality. "Everyone was enthused by the way Lena and the sheep provided us with some very practical lessons on our teamwork. The sheep gave us a real and direct response to the way we worked together. It was a fun, informative and very hands-on experience."

The idea to develop a team-building activity based on centuries-old skills arose

from Lena Munk's own experience of herding sheep when visiting family on the Faroe Islands. The unique concept is named Får728® ('får' is Danish for 'sheep') because of a particular sheep in her first flock with the ear tag number 10728. Unlike the other sheep, 10728 would often go its own ways. "The unpredictability of sheep 728 highlighted the concept by forcing the shepherds to react quickly and work together as a team to solve the many different assignments," Munk explains.



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