



# Company Team Building

with *FANTASTIC THAI CUISINE*

## The workplace:

Associates interact according to a structure designed to meet company objectives. Companies are often organized in groups / departments that interact with each other. Sometimes individual personal goals and inter-departmental goals conflict, creating silos. Internal and external communication gradually breakdown and productivity consequently decrease.



## Offsite:

Studies show that non work related offsite fun activities where associates perform casual tasks in a mixed team mode have positive effects:

- In breaking down the communication and interpersonal barriers
- In motivating associates and the raising of morale
- In improving employee relations



## Back at the Office:

Feeling better about their associates, employees have a better sense of well being and become more positive and productive



# Overview

## Team Building through Fun Activities


Company team building sessions is a proven methodology to improve team cohesion and communication. These bonds are very important to the success of companies or specific departments.



The benefits of team-building are significant.

Many corporations have incorporated teambuilding strategies into their standard training curriculum

# Impact



Looking for just the perfect corporate team activity -- so memorable and fun it's a delectable recipe for successful team spirit and cooperation?

You can create an experience of value in such a casual, relaxed environment, your employees won't even know you're building morale and breaking down barriers.

**Fun Team Building that delivers results  
and tastes delicious**

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- In breakout groups, under Chef Phensri's direction, learn to prepare some of the most popular Thai dishes: hands-on cooking and/or demos, with tasks for all skills, interest, and adventure levels
- Fresh ingredients, healthy recipes and cooking techniques
- A sit-down meal of the dishes prepared (with or without alcoholic beverages)



#### Thai cultural flavor:

- Teaching a few Thai words (greetings, welcome, and some terms associated with food)
- Chef Phensri and her Thai assistants dressed in traditional Thai outfits.
- Optional: Thai background music

- Certificates of achievement

**While your employees are enjoying a tasty, nutritious cooking lesson, you will be able to:**

- Observe interpersonal dynamics, reinforce positive behaviors, and encourage change
- Improve communication and team cohesion
- Introduce corporate goals in a casual, relaxed environment  
Reward and motivate employees
- Celebrate successes, milestones, and other important occasions

**Meeting your objectives**

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Introduction – company rep explains the objectives

Session Overview – FTC goes over details of the Agenda

Company Briefing – company rep presents material of their choice

Introduction to Thai culture: language, music, etc. – Chef Phensri & crew

Explanation of Thai Ingredients/Cooking Techniques – Chef Phensri

Breakout - Group Preps – everyone divided into work groups

Cooking Sessions – everyone has a role in cooking

Sit-down Dining – everyone

Session Wrap-up – company Q & A / wrap up

# Agenda



- You can choose from a variety of dishes, including appetizers, soups, salads, main dishes and desserts. FTC will provide sample menus as a starting point.
- *Everyone will be accommodated: vegetarians, those with non-spicy preferences, or with specific allergy issues*



**menu**



Started just three years ago holding cooking parties & classes for companies, groups and individuals in New Jersey, New York & Pennsylvania.

Conducts classes on an ongoing basis in New Jersey, New York City at Kitchen NYC (close to the Theatre District - Times Square). Reviewed by *New York Times* (March 2008)

### **Chef Phensri Francis**



- *Thailand* native, owner of a Thai restaurant in New Jersey
  - Teaching cooking classes for everyone including community schools (NJ & PA)
  - Proven skill working with large groups and keeping them focused
- Very humorous - keeps the class interesting, lively and full of fun.

Teacher to 600+ students to date

### **Darien Francis**

- Business professional - Fortune 100 Management Consultant for 20+ years in the New York / New Jersey metro area.
- Helps integrate goals in the sessions
- Facilitates a relaxed, friendly environment

### **Rest of the Crew**

Thai assistants



# About Fantastic Thai Cuisine

## ONE OF THE WORLD'S MOST POPULAR

*Thai food has rapidly grown in popularity among casual diners and gourmets alike, earning it a status as one of the world's most popular cuisines. And while most people think of spicy meals laced with chilli as the predominant factor in Thai food, this is far from the truth. In all Thai dishes, there must always be a balanced harmony of flavours. Few cuisines can offer such a wonderful array of sensations that will delight and tease your taste buds quite like Thai food. Whether in a rich or fragrant Thai curry, spicy soup, savoury salad, or sweet dessert, the competing and complementing flavours create a harmonious blend that once tasted will never be forgotten.*

Extract from: [thaiselect-uk.com](http://thaiselect-uk.com)

## ONE OF THE WORLD'S HEALTHIEST

*Thai cuisine is one of the healthiest foods you can eat. In fact, several Thai dishes, such as Tom Yum Soup, are currently under scientific study for their incredible health benefits (see [Thai Soup Under Study](#)). Of course, it's already known that many of the fresh herbs and spices used in Thai cooking - such as turmeric, galangal, coriander, lemongrass, and fresh chillies - have immune-boosting and disease-fighting power. Find out more about these and other ingredients that contribute to making Thai food one of the healthiest you can eat.*

Extract from [about.com](http://about.com)

# About Thai cuisine

- Darien and Phensri, Thank you for a wonderful night of cooking! You are masters of entertainment!" - **On site NJ cooking party**
- "I enjoyed your Thai cooking class. You are very **informative** and explained the ingredients and cooking techniques thoroughly. You are very **friendly** and made me feel as though we have known each other for years. **I now have the confidence to cook authentic Thai cuisine.** Thank you so very much."
- "Thank you for a **great evening!** It was a pleasure to meet you both. Phensri, you are a marvelous Thai chef. The dishes you demonstrated and assisted us in cooking were delicious and **much easier to prepare than I had expected.** **Your magic sauce** made the process so simplistic yet authentic. I look forward to participating in another one of your cooking classes again. It was nice sitting down at the table talking with you and Darien while enjoying the fruit of our labor."
- "I truly enjoyed cooking with Phensri. She is an **excellent teacher** and her step by step instructions made what I thought would be impossible, possible! With her instruction, **I was able to prepare some amazingly delicious Thai food!**"
- "The Class was great! I've purchased my rice cooker yesterday and I've packed my food for the day. I think **you may have helped me with my weight loss program.** I made vegetable fried rice last night. Not quite as good as yours, Phensri, but almost. Thanks so much. **I will be telling everybody!** "

# Testimonials

## Types of sessions:

- Large group hands-on/demo
- Small group hands-on/demo
- Reward luncheons or dinners (catered)

You can reserve one of our leased catering kitchens, corporate kitchen facilities, or reserve an appropriate facility on your own.

## The process:

Call us at 732-642-9487 or [email us](#)

We provide more information and answer your questions

We meet face to face to go over the details and options including:

- Budget
- Venue
- Class type
- Menu / additional features

# Next Steps