

Team Building Activities

Ropes Course:

The Corporate Adventure program is about building cohesive teams. Outside of a traditional office setting, corporate clients often report that they feel 'free' to be themselves; offering ideas and communicating in ways they may not feel comfortable doing at work. The program is designed to ease participants into a progression of hilarious and challenging activities, games, puzzles and high ropes elements, creating a culture of trust, support and laughter through each experience.

For the team building ropes course, groups can come out for a half day (three hours or under) or a full day (4-6 hours). Each package includes full facilitation of high/low ropes plus cooperative /group activities tailored to meet the specific goals and needs of each group. Meaningful debriefs and check-ins throughout the day ensures that the activities are meaningful and rewarding to each participant.

<http://www.londony.ca/outdoorleadership/team.html>



Pit Crew Challenge:

The Pit Crew Challenge is an experiential training program joining classroom instruction and facilitation with practical applications in real time using the metaphor of a racing pit crew.

A typical program is 4 hours in length but can vary depending on the number of participants and outcomes desired. Participants are put into pit crew teams to give everyone the opportunity to work around the car. Usually 4 teams of between 5 to 7 people works very well - the number of teams can vary. At least two teams helps to demonstrate specific learning outcomes, but is not necessary.

They have put both large and small numbers through this program. (www.pitcrew.ca)



The Bicycle Factory

Bicycle Factory is a turbo-charged team game filled with learning and excitement. Teams compete to create the most profitable business, mentally pedalling their way through an ever-changing business climate that reflects the fluctuations that occur in real-world situations. Participants make decisions critical to the success of the company, such as what to produce, what inventory to purchase, and who should do each job. But they need to be always alert and adaptable. Just when everyone gets comfortable with their role and the way things are functioning, our facilitators introduce change that keeps everybody on their toes.

This fast-paced, exciting event engages the whole group and creates an atmosphere that is both open, fluid and conducive to learning. Participants come to understand that their personal involvement, the ability to build relationships, the decisions they make and their attitude are key factors of both personal and corporate success. (www.bbgtraining.com)



SOUND Team Building Events:

In the Sound Team Building interactive workshops your team will brainstorm, share ideas and learn from each other as the Sound Team Building facilitator will help you write and record your own; radio shows, newscasts, audio podcasts, songs and even holiday albums. Bringing your team together to communicate, learn from team members, exchange ideas and share a laugh or two in your teams recording session. (www.soundteam.ca)



IIMPROV Team Building

The Improve sessions are very well received and the concept has legitimacy in the business world acknowledging the development of transferable skills applicable to working in teams. Working in teams with professional improvisers, participants will learn tactics to deal with the adversity of business as well as learning to get along and collaborating with their teammates. By the time the workshop is complete the participants will have a new understanding of their work and their workmates and they'll have some fun doing it. Laughter is a very common side effect! www.supportingroles.com



Conundrum Adventure

The Conundrum Adventure is an experiential team based challenge best described as part scavenger hunt, part trivia quiz and part Amazing Race urban adventure. Equipped with maps, compasses, and game cards, teams of 4- 6 participants compete to solve as many mind-bending challenges (a.k.a. conundrums) as possible within an allotted period of time. It is an outdoor team building alternative that uses city streets as game boards, cryptically leading teams to novel and unusual places of interest.

Suggested program is the *Classic Conundrum Adventure*

Cost is \$1,380

Time is 2 – 2 ½ hours

Location is downtown London

Description of the Classic program:

A Classic Conundrum Adventure brings your team together for 2-2.5 hours of fun and excitement, developing team building skills for success! It is the perfect choice for injecting energy into conferences, off-sites and quarterly meetings or for celebrating team success. After a brief introduction, participants are on their way and spend approximately 90 minutes working together in the pursuit of victory to earn as many points as possible. The fun continues as teams regroup and conundrum solutions are reviewed. Finally, amid much banter and lively discussion, cheers are offered to the winning team as they are rewarded for their victory.

Please see more information and testimonials on their website at:

<http://www.conundrumadventures.com/index.php>



On-site Tai Chi Instruction/Class



Tai Chi: a series of slow meditative movements designed to promote inner peace while reducing stress, increasing strength and improving balance

On-site instructor from The Lotus Centre as a break during your day – to help in concentration and productivity during your meeting.

Fee: \$125.00 for 1 hour or less on Spencer's back lawn (weather permitting).

For more information on The Lotus Centre please visit their website:

<http://www.lotuscentre.ca/>

or (519) 642-2378

