

## Team Building Workshops

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### DESCRIPTION

The purpose of Team Building Workshops is to promote team-working, cohesion and motivate all participants by engaging them in enjoyable, action-packed challenges that will also test their communication, problem-solving and physical skills (please see the full list of skills below).

Delivery takes place onsite at your premises or venue of choice. A full assessment of the grounds and resources available is carried out as part of the planning process with any specific requests built into the programme.

There is no formal accreditation or assessment with this course. However there are a number of mental and physical tasks to be completed throughout 'Challenges' – they are assessed and marked (pass or fail) by the session leaders. Moreover, constructive feedback is provided on group performance during activities with a full de-brief at the end of the session. The de-briefs intend to motivate and advise the groups on where they've excelled, and identify areas for improvement in moving forward.

Each participant will receive a certificate confirming their attendance and participation.



### DURATION

Six hours indoors and outdoors consisting of practical/ physical and problem-solving activities.

### NUMBERS

Minimum 10, maximum 24 participants.

### SKILLS

A range of skills will be put to the test including:

- Team-working
- Problem-solving
- Communication
- Leadership
- Navigation
- Time-keeping
- Planning
- Dexterity
- Interpersonal Skills
- Physical Skills

### CERTIFICATION

Certificate of attendance and participation.

### INCLUDED IN COST

Certification, workshop planning, all materials and resources, and delivery onsite.