

The “Indoor/Outdoor” Experience



Introduction

Team Building activities are designed to transfer what has been learned by the indoor/outdoor experience to the “real world”. The focus is on communication, social skills and the integrity of effective team work. Safety is a key issue with all activities.

In these team building exercises, problems are confronted which generate the right “chemistry” within the team. Shared challenges and successes build better understanding within the team, forging it into a stronger, more compatible & competitive unit.

Why do a Team Building Program?

- Releases the full potential of people
- Builds inner strengths
- Self identifies
- Stimulates creativity
- Enhances determination
- Improves self esteem
- Stimulates willingness to co-operate
- Directs energy towards positive action
- Identifies leaders
- Identifies beliefs and values
- Fulfills desires
- Increases personal power

A Team Building Program is not a program in jungle management, nor is it a picnic in the bush. It is a program that teaches you hard-core business principles outdoors. More specifically, we will take key people out of their everyday work environment and sensitively challenge them on all fronts - **mental, emotional and physical**. The degree to which we stretch people is carefully measured before training. Our goal is to encourage intellectual and emotional risk taking. True physical risk taking is not the goal. However, perceived physical risk is what makes the program exciting and challenging for participants.

We want to help a company to build its people. As Henry Ford said ...

**"You can take my factories, burn my buildings,
but give me my people and I'll build the businesses right back again."**

How do you learn?

... team building activities are a catalyst to experiential learning. To learn effectively one must be prepared to take risks, which may in turn, lead to "mistakes". Yet, if one learns from a so called "mistake", it is no longer a mistake but an excellent source of learning. It is really only a mistake if you have learned nothing. The lessons learned in the outdoors must be translated into more effective management skills. This is achieved through a comprehensive debrief after all activities.

Personnel learn through:

- Indoor/Outdoor experiential learning
- In door/Outdoor strategising
- Indoor debriefing
- Indoor strategising

Managing an indoor/outdoor situation is like managing life

Creating the Universal Team

“ONE TEAM ONE GOAL”

for > 90 participants fully engaged at one time

This activity requires each sub team to complete a designated task at a designated site: Each task is a component of a total package-But the success of the activity is dependant upon all of the teams working in concert to deliver the combined outcome on time.

The scenario will be framed after further discussions with you to make this relevant to your work place.

In this exercise team members will be in different locations and communicate via hand held radios. They will have different resources & information. The team will be required to negotiate & share their information & resources so that they can carry out assigned tasks to ensure the overall team objectives can be achieved.

Examples of some of the tasks:-

Raft Building, The Toxic Swamp, Horse & Cart & Negotiation

(a further detailed explanation is on the following page)

This exercise demonstrates

*the value of strategic planning; ie **determining in advance where to go** and systematically planning, organising and controlling the use of your resources to get there

*the **importance of monitoring** performance

*what adjustments should be made **when the wheels fall off our action plans**

*the principle of **“just in time”** is illustrated. All teams must co-ordinate their task to be completed at the same time as the other teams

*that the **overall objective can be achieved to the highest quality** and in the allotted time

***effective communication & negotiation skills**

***effective leadership**

**A selection of what's possible
&
appropriate with AIHD portable equipment**

BRIDGE OVER THE RECESSION

This exercise is challenging and testing as the participants progress utilising the groups creativity and allowing for many leadership positions. It allows the team to observe each other in unfamiliar territory.

CROSSING THE HOT LAVA BED

Based on total team involvement and one to two observers, the group discovers that there often are several ways to work through a problem, but time is utilised the best by using proven decision-making formulae. The pressure is exacerbated by the short time allowed and it calls on the group's creative thinking and problem solving abilities. The exercise is with two trees (2-3 meters apart) and several lengths of rope and a 7' x 10" x 2" piece of wood. In sometimes humorous situations, one of the major benefits is what the observers learn from watching the rest of their group attempt to solve this problem.

ELECTRIC SPIDER WEB

The Electric Spider Web involves the team lifting each other in turn through a rope spider web. The aim is to carry a person through the web without letting any part of them touch the web at all. This builds team unity and co-ordination.

PLANKS ACROSS QUICK-SAND

To function properly as a team it takes true effort from every single member of the team in order to reach its goal. Planks across quick-sand is a practical demonstration of teamwork in action and is not possible to complete without true teamwork functioning. The lessons being learned from this exercise can be used everyday.

ROPE SQUARE (BLIND SQUARE)

This requires team members to form a perfect square with a given length of rope whilst blindfolded. This exercises will enhance communication skills, trust and collaboration.