

Adventure Teambuilding

Encourage productive working relationships within your company, with entertaining outdoor activities effective in breaking down barriers and overcoming inhibitions. Inspiring everyone to pitch in and pull together in a relaxed and fun environment!

Experiential learning has long been proven to be the most effective method of learning next to teaching the material. Why not throw some adventure in

Adventure team building activities provided by Team Building are a fun and effective way to enhance team cohesion and communication. We offer outdoor activities run by a professional, proficient adventure team building company with years of experience providing these events to organisations across all sectors and fields. All our staff are qualified and skilled in providing safe and inclusive outdoor activities.

In addition, we can tailor the event depending on individual physical abilities or needs, so no one is left out of the experience. Participants leave the adventure team building event with leadership skills, renewed focus, self-confidence, trust and self-awareness – all qualities which are applied in the workplace! These activities offered by Team Building require co-operation, strategic thinking, problem-solving and even interdependence, and are sure to build stronger bonds between the individuals participating. Look to the experts – Team Building – to develop an adventure team building program that supports your learning objectives and goals.

All the adventure activities are designed to promote teamwork and communication skills, problem solving and leadership. Our trained instructors will show teams how to work effectively towards a collective goal, and generate a common sense of achievement. They can show those lone rangers how to work more effectively as part of a team. They will teach those bossy boots the benefits of communication and interaction. And by the end of the day even the most timid wallflowers can become leaders of the pack!

We can arrange any combination of activities to meet your companies' requirements and target your training objectives. Check out our popular Team Building activities, and 'Mix and Match' for your ideal blend of events.

If you have specific achievements on training objectives in mind, speak to us in advance and we can recommend the most suitable activities.

Why Adventure Team Building? The 'Adventure' part of it is to help people get out of their own way and behave authentically with themselves and the group.

It is about the process!

- How well did the group communicate?
- Does the group trust each other and themselves?
- What kind of leadership was there?
- Was the decision making effective?
- How well did the group problem solve and overcome obstacles?

During and after the adventure experience, we facilitate small group discussion and examine the process. I can talk about myself and my poor communication in the context of the adventure in ways I never could if we were talking about work.

And yet, the behaviors we exhibit in adventure team building are identical to those at work!

Taking the learning and applying it to make changes at to work is what is most important. Otherwise, you are simply having a good time?

The 'adventure' part serves several purposes:

- There is less resistance because it IS fun.
- Authentic behavior is easier to witness in people as they have to quickly react to situations without thinking.
- It is easier to create memorable moments that mimic work (crises).
- You create bonds with the people you are with that a typical workshop cannot possibly replicate.

Adventure Learning is a wonderful tool, but has a limited time and place to be effective. They simply do not want to waste a wonderful opportunity until the time is right.