



## Outdoor Management Development Program

Venue: AHMEDABAD, BANGALORE, CHENNAI, COIMBATORE, DELHI, GOA,  
HYDERABAD, KOCHI, MUMBAI, PUNE , VIZAG – India  
Duration: 5 Days and 4 Nights



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## Proposal

Self, People and Leadership development is recognized as one of the critical enablers towards achieving organizational goals. Organizations depend upon capable leadership to effectively manage the day to day functions of the organisation.

Being an effective leader requires not only excellent technical skills, but also interpersonal and management skills. The Outbound Training Program is aimed at providing essential knowledge and skills required to handle various leadership challenges faced by leaders.

## Aim & Objective

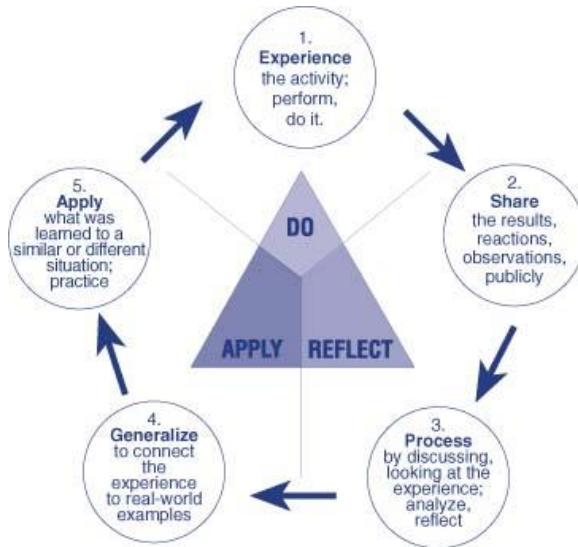
The Outbound Training is aimed at helping participants relate to the important elements of

- Team Building
- Breaking Silos
- Interpersonal Skills
- Effective Collaboration
- Breaking Mental barriers
- Innovation
- Problem Solving
- Risk Taking
- Ethics.
- Accountability and Ownership

## Learning Style:

Experiential Learning with Adventure and Team Building Activities followed by debriefing the experiences and behaviors.

## Approach



**Outbound Training** utilizes **Structured Experiential learning processes**, where business lessons in real life can be simulated through action learning, and well researched games, and activities.

Outbound Training offers a chance to practice Learning by Doing. Adult Learning Principles are incorporated to give a more of “hands-on” approach to learning which not only provide for more variety, but also leads to a more profound participation and comprehension.

Through **Experiential Learning and Adventure Activities**, participants discover, develop and enhance their behaviors by testing their knowledge, skills, and abilities through newer experiences and challenges. Participants learn best when put in unique and ambiguous situations.

The **debriefing and processing** of experiences at end of every experiential learning activity focuses on structured reflection, generalizing, co-relating and applying the learning's to real life work areas back at the **workplace**.

## Training Outcomes:

After undergoing the outbound training, the participants will be able to:

- Improved ability to nurture & sustain a culture of innovation as a way of life through collaboration & synergy within the peer group
- Should be more proactive to challenge the status quo and suggest new solutions for problems encountered
- Appreciate diverse perspectives of team members through developing active listening & group problem solving skills
- Develop the ability to analyze & work upon one's own behavior to unlock personal & professional potential
- Develop a range of leadership skills and abilities such as effectively leading, collaborating, open communication, Listening, empathy, change, resolving conflict, ethics, motivating and inspiring the teams to achieve results.

## Training Agenda

Time	Topic	Learning Objective	Activity	Methodology	Focus & Debrief
<b>Day 1</b>					
04:00 pm	Arrival, Welcome, Hi Tea, CheckIn				
04:30 pm	Team Bonding	Get to know each other	Play for Peace Games	Get to know more about each other beyond everyday knowing through play for peace games	Team Bonding De-Inhibition Trust Building Having Fun
05:00 pm – 06:00 pm	Ways of working	Group Agreement & Contract	Discussion Based.	Groups sets its Ground Rules, Safety, Expectations, Group Contract, Ways of working together.	Ways of Working Group Contract. Agreements Expectations
06:00 pm - 07:00 pm	Team Building	To explore how teams work together	Duct Tape Trolley	Participants form groups and stand on a sticky and strong duct tape. They have to move from point A to point B in sync with each other among constraints	Teamwork Synergy Fun
08:00 pm	<b>Dinner</b>				
<b>Day 2</b>					
07:00 am - 11:30 am	Risk Taking	To explore the importance of risk taking in achieving individual and team goals.	Trekking & Rappelling	Participants trek to the rappelling point. They create their own anchoring system after studying the documentation. Rappelling will be run by participants under expert supervision	Risk Taking Coordination Achieving Results
08:30 am	<b>Packed Breakfast</b>				
11:30 am	<b>HI Tea</b>				

12:00 pm - 01:00 pm	Rest				
<b>01:00 -2:00 pm</b>	<b>Lunch</b>				
02:00 pm- 04:00 pm	Group Dynamics	To be aware of the group dynamics in the team.	Drums and Planks	Teams has to cross a path with limited resources with few planks and drums among constraints	Conflict Resolution Decision Making Breaking Silos Coordination
04:30 pm - 06:30 pm	Collaboration	To relate to the importance of Collaboration in achieving results	Mission Impossible	The participants will have to work together on this adventure challenge to achieve goals.	Collaboration Motivation Team Results
<b>08:30 pm</b>	<b>Dinner</b>				
<b>Day 3</b>					
06:30 am -7:30 am	Yoga and Meditation				
<b>08:30 am</b>	<b>Breakfast</b>				
09:00 am – 01:00 pm	Breaking Barriers	To explore personal inhibitions, motives and get out of a comfort mindset.	Make Friends Earn Lunch	Participants will go on a cycle circuit of 40 kilometers. They work in the village to earn their lunch.	Reflection Self-Awareness Breaking out of the comfort zone Self-Discovery
<b>01:00 pm</b>	<b>Savor the Earned Lunch</b>				

02:00 pm – 04:00 pm	Ethics	Explore how ethics matter in a challenging environment.	Air Crash Rescue	Role Play where the team will be taken to air crash site and are asked to choose things they need and build a team to perform rescue operations in a given time.	Ethics Problem solving Decision making Accountability
<b>04:00 pm</b>	<b>Hi Tea</b>				
04:30 pm – 07:30 pm	Innovation mindset	To relate to challenges with a new approach and mindset.	Wilderness Survival Bushcraft	Teams are taken to a forest area and have to create fire, find water and Cook without utensils to make the teams Dinner	Innovation Creativity Changing Perception Doing the impossible
08:30 pm	<b>Self Cooked Dinner</b>				
<b>Day 4</b>					
08:30 am	<b>Breakfast</b>				
09:30 am - 11:30 am	Accountability and Ownership	To explore the power of each individual's contribution to the team's goal.	Capture the Flag	The object is to capture the other team's flag and bring it safely back to their own base. Various rules and challenges are added.	Leadership Teamwork Accountability Ownership
11:00 am – 01:00 pm	Achieving Goals	To relate to the importance of teamwork in achieving Goals	Raft Building	Teams will take part in Raft Building exercise and collaborate to achieve given targets at a close by river.	Collaboration Achieving Goals Driving Results
<b>01:00 pm</b>	<b>Lunch</b>				
02:30 pm- 04:00 pm	Interdependence	To relate to the importance of interdependence in a team	Stepping Stones II	A brain buster challenge that requires the team to alter their sequence with high level of interdependence, cooperation and communication	Cooperation interdependence Communication Listening



<b>04:00 pm</b>	<b>Hi Tea</b>				
04:30 pm – 05:30 pm	Teams Appreciation and Celebration Ceremony				
05:30 pm – 06:30 pm	Review & Reflection Session	To harvest individual and groups learning's	Review the Learnings	Facilitative Group Process to help participants relate the learnings and discoveries to self, others and the organisations.	Review Reflections Summary Feedback
06:30 pm – 08:00 pm	Breaking mental Barriers	To help the participants move beyond fears and mental blocks	Fire Walking	Facilitated Motivational Process with Firewalk using NLP to break mental barrier and overcome fears.	Motivation Overcoming fears Breaking mental barriers.
<b>08:00 pm</b>	<b>Dinner</b>				
<b>Day 5</b>					
08:30 am	Breakfast				
09:00 am – 10:30 am	Action Planning	To Summarize the Learnings and come up with Action Plan	Group Work - Discussion Based.	Group Process to summarize on the learning and create action planning for implementation at work.	Feedback Summary Action Planning
<b>10:30 am</b>	<b>Hi Tea and Depart</b>				

## Safety Procedures

**Safety:** Safety is given utmost priority on all our adventure events and we are proud of our safety standards. Our strict safety code of conduct, the state-of-the-art equipment and our qualified instructors ensure and maintain our safety record.

**Standard Operations Procedures:** We follow a standard operating procedure with all adventure activities to make them safe and redundant against any failure.

**Equipment:** We have state-of-the-art equipment including UIAA certified climbing equipment, helmets and life jackets.

**Certified Staff:** Our Outdoor team of Instructors are certified and trained in Adventure Education & Outdoor Leadership Skills. To keep the experience rich as well as safe we maintain an outdoor specialist to participant ratio of 1:10

**Sustainability:** Our events lay tremendous emphasis on sustainability and encourage the participants to be sensitive to environment, people and the place.

**Food:** we give top priority to hygiene while preparing the delicious Indian Veg / Non Veg food at campsite.

**Paramedic and Ambulance:** We ensure presence of a trained paramedic and Ambulance on Site during the entire duration of the program. Additionally, all our instructors are certified in Wilderness First Aid and CPR (Cardio Pulmonary Resuscitation) with equipped First Aid kits at the campsite to handle emergencies of any kind.

**Emergency Response and Evacuation:** We source information on participant's blood group and emergency contacts beforehand for any emergency needs. We maintain a standby Ambulance with paramedic and stretchers at activity site for any evacuation to the nearest clinic and hospital.

## Costing

5 Days 4 Nights, Training Fee, Accommodation, Food and Beverage fee:

**Rs 40000 per head. + GST 18 %**

### **Includes**

1 Chief Outbound Facilitator.  
2 Asst Outbound Facilitators  
4 Certified Adventure Instructors  
2 Outdoor Support Staff.  
1 Paramedic  
1 Ambulance  
Group Adventure Insurance for all participants.  
1 Emergency Vehicle  
All Outbound Equipment and Props.  
Cap and T-shirt for all participants  
All Training Material  
1 Photographer  
1 Videographer  
Stay in Swiss tents – 8 cots in each.  
Venue, Food and Beverages for 5 days and 4 nights.

Does not include  
Anything not mentioned in Includes.

## Terms

- An activity disclaimer needs to be signed by all participants.
- This Quote is for minimum 40 participants and Valid up to 30<sup>th</sup> May 2018 only.
- Purchase Order to be raised to confirm the order.
- Payment terms are 100% post event within 45 days of the program.
- Cancellation or postponement charges are 100%.
- All Outdoor Activities are subject to weather conditions and can be changed as per the facilitators' discretion.
- No alcohol consumption is allowed at the OBT campsite.
- No Smoking is allowed in the forest areas to avoid forest fires.

## About Us

Outlife Outbound Training was started by the promoters of the Great Hyderabad Adventure Club - GHAC to address the learning and development needs of the corporate clients and is run by a team of passionate and certified professionals from the Learning & Development and Adventure Fraternity carrying over 10 years of experience in conducting outbound trainings.

The Learning process includes facilitation based on the Adult Learning Styles and uses variety of methodologies and techniques which include David Kolb's Experiential Learning Model (ELM), NLP etc.

### Outlife Outbound Training (A Unit of Outlife Adventures Pvt Ltd)

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*We conduct training events out of Hyderabad, Chennai, Bangalore, Delhi, Pune and Mumbai*

