



## Outbound Training Program

**Location:** Hyderabad / Pune / Bangalore / Mumbai / Chennai / Delhi

**Participants:** 20-100

**Duration:** 2 days 1 night.



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# Proposal

The Outbound Training aims to contribute towards developing effective communication, proper implementation, harnessing conflict and enhancing collaboration leading to success in team initiatives and business goals. The training program focuses on building cohesiveness, synergy, adapting to change to further sharpen the effectiveness of the participants.

**Aim:** The Outbound Training is aimed at helping participants explore the important elements of

1. Team Building,
2. Cohesiveness & synergy
3. Effective communication.
4. Cross Functional Team Collaboration
5. Adapting to Change

## **Training Outcome:**

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

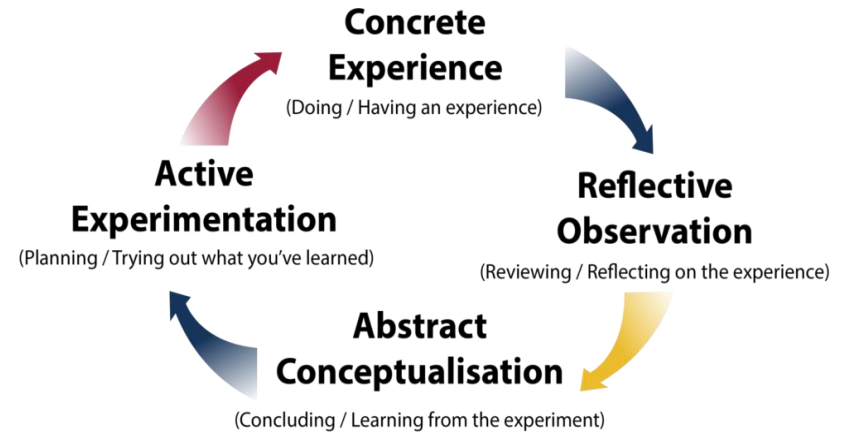
- Enhance Team Building and Team Bonding among each other.
- Relate to ways of enhancing effective communication.
- Relate to the Importance of developing cohesiveness and synergy to achieve mutual goals.
- Apply best practices to enhance cooperation and collaboration towards achieving cross functional team goals.
- Relate to the need of accepting and adapting change that is relevant to the industry and environment.

## Methodology & Approach.

Our approach entails through **Experiential Learning Activities**, where 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**.

The following diagram exhibits our approach towards experiential learning through David Kolb's Experiential Learning Model.



**Learning Style:** Experiential Learning with Outdoor Management Development, Adventure and Team Building Activities.

### Learning Orientations:

- **PHYSICAL:** Outdoor environment – Nature Centric – Experiential & Activity Based
- **EMOTIONAL:** Humanist/Social-Cognitivist
- **INTELLECTUAL:** Behaviourist/Cognitivist
- **SOCIAL:** Social Emotional Learning

## Outbound Training Agenda

| Time                  | Topic                                    | Learning Objective   | Activity                        | Methodology   | Focus & Debrief                                    |
|-----------------------|--|--|---------------------------------|---|--|
| <b>9:00 am</b>        | <b>Arrival, Check in &amp; Breakfast</b> |  |                                 |   |  |
| 10:00 am - 10:45 am   | Ice Breakers                             | Play, Fun, Connection  | Cooperative Play & Ice Breakers | Get to know more about each other beyond everyday knowing   | Ice Breaker Connection Fun                         |
| 10:45 am - 11:30 am   | Team Building                            | To explore how teams work together   | Duct Tape Trolley               | Participants form groups and stand on a sticky and strong duct tape and walk                            | Teamwork Synergy Fun                               |
| <b>11:30 am</b>       | <b>Hi Tea Break</b>                      |  |                                 |   |  |
| 12:00 pm – 01:00 pm   | Effective Communication                  | To explore effective delegation and communication in the team              | Blind Folded Tent Pitching      | Participants are blindfolded and are guided by a leader to pitch a tent in the shortest time possible   | Listening Communication Empathy                    |
| <b>01:00 -2:00 pm</b> | <b>Lunch</b>                             |  |                                 |   |  |
| 02:00 pm – 03:00 pm   | Cross Functional Teams                   | To explore how cross function teams work together to achieve a common goal | Ball circuit                    | Participants have pass the ball both within their own teams and the other teams in a complex fashion.   | Synergy Cross functional Teams.                    |
| 03:00 pm - 04:00 pm   | Team Collaboration                       | To apply collaboration to achieve a common goal                            | Mission Impossible              | The participants will have to work together on this challenge to achieve combined success               | Team Collaboration Focus on common Business goals. |
| <b>4:00 pm</b>        | <b>Hi Tea</b>                            |  |                                 |   |  |
| 04:30 pm – 05:30 pm   | Team Roles                               | To understand the behavioral traits of the team                            | Psychometric Test – team roles  | Participants take the test and calculate their scores to understand their behavioral traits on teamwork | Understanding Strengths and weakness of the Team   |

|                     |  |  |                              |  |  |
|---------------------|--|--|------------------------------|--|--|
| 5:30 pm             | Summary of days Learnings and Takeaways. |  |                              |  |  |
| 08:00 pm            |  | Dinner & Camp Fire   |                              |  |  |
| Day 2               |  |  |                              |  |  |
| 06:30 am            | Yoga & Meditation /Nature Hike           |  |                              |  |  |
| 09:00 am            | Breakfast                                |  |                              |  |  |
| 10:00 am-11:30 pm   | Adapting to Change                       | To explore the outcomes of adapting to change.                               | Drums and Planks             | Team has to cross a path with limited resources with few planks and drums among constraints                        | Change Management<br>Decision Making<br>Adaptability |
| 11:30 am            | Hi Tea Break & Bags Checkout             |  |                              |  |  |
| 12:00 pm – 01:00 pm | Cooperation & Conflict Resolution        | To explore the importance of cooperation and conflict resolution in a team.  | Toxic Waste Disposal         | Teams are divided into CEO, Middle Managers and agents. Company's Project is to move the Toxic Waste               | Leadership<br>Cooperation<br>Conflict Resolution     |
| 1:00 pm             | Lunch & Checkout Bags                    |  |                              |  |  |
| 02:00 pm – 03:30 pm | Team Collaboration                       | To explore how cross functional teams work together to achieve a common goal | Sinking Islands              | Team has to rescue each other from sinking island with limited resources and constraints                           | Leadership<br>Strategy<br>Collaboration<br>Teamwork  |
| 03:30 pm – 04:30 pm | Action Planning                          | To Summarize the Learnings and come up with Action Planning                  | Facilitated Group Discussion | Feedback and Learnings are discussed with individual action planning for transference of learning to the workplace | Feedback<br>Summary<br>Action Planning               |
| 4:30 pm             | Hi Tea & Checkout Campsite               |  |                              |  |  |



## Activity Snaps



**Duct Tape Trolley**



**Blindfold Tent Pitching**



**Drums and Planks**



**Mission Impossible**

## Outbound Training Costing

Two Days Outbound Facilitation: Rs 1,80,000/-

Venue – Food & Stay – Rs 4,500/- per head. ( 2 days 1 night, 2 Breakfast, 2 Lunch, 1 Dinner, 2 Hi Tea)

+ GST 18%

### **Includes**

1 Chief Outbound Facilitator

2 Support Assistants

Outbound Activities, Equipment and Props

Campsite Stay and Food

First Aid

### **Excludes**

Transport to venue and back.

Incidental Charges if any.

Additional Services will be charged extra

Anything not mentioned in Includes.

## Terms

- An activity disclaimer needs to be signed by all participants.
- Payment terms are 75 % Advance 2 weeks before the event and Balance 25% within 2 weeks of activity. Postponement charges are 75% and Cancellation charges are 100%.
- All Outdoor Activities are subject to weather conditions and can be changed as per the facilitators' discretion.



## About Us

Outlife was started 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 a decade 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).

### Outlife Outbound Training

A unit of Outlife Adventure Travel Pvt Ltd

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

