



Outbound Training Program

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

Participants: 20-100

Duration: 1 day



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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

Training Outcome:

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

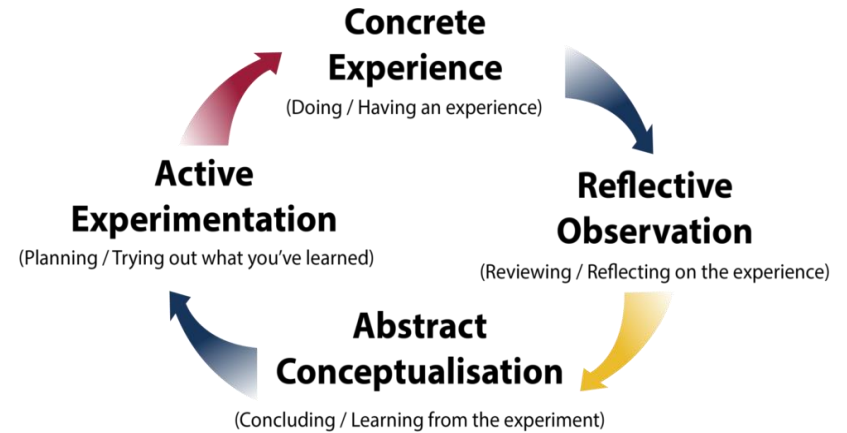
- Enhance Team Building and Team Bonding among each other.
- Relate to ways of enhancing effective communication.
- Relate to the Importance of developing cohesiveness and synergy to achieve mutual goals.
- Apply best practices to enhance cooperation and collaboration towards achieving cross functional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

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
9:00 am	Arrival, Check in & Breakfast				
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
11:30 am	Hi Tea Break				
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
01:00 -2:00 pm	Lunch				
02:00 pm – 03:00 pm	Cross Functional Teams	To explore how cross function teams work together to achieve a common goal	Drums and Planks	Participants walk over a series of drums using planks along with their teams to reach a goal	Cooperation Cross functional Teams. Interdependence
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.
4:00 pm	Hi Tea				
04:30 pm – 05:30 pm	Action Planning	To Summarize the Learnings and come up with Action Planning	Facilitated Group Discussion	Learnings are discussed with individual action planning for transference of learning to the workplace	Feedback Summary Action Planning

Activity Snaps



Duct Tape Trolley



Blindfold Tent Pitching



Drums and Planks



Mission Impossible

Outbound Training Costing

One Days Outbound Facilitation: Rs 90,000/-

Venue – Food– Rs 1,800/- per head. (1 Breakfast, 1 Lunch, 1 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

