



Day Team Building Program



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Proposal

Aim: The Session is aimed at helping participants explore the essential elements of

1. Team Building
2. Team Bonding
3. Trust Building
4. Teamwork & Collaboration

Learning Style: Experiential Learning with Management and Team Building Activities.

APPROACH

Experiential learning offers many ways where business lessons in real life can be simulated through action learning, and well researched games, and activities, and 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.

Training Outcome:

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

- Enhance Team Bonding and Trust among each other.
- Relate to the essential aspects of teamwork and interpersonal skills.
- Relate to the importance of teamwork and collaboration in achieving common goals.

Team Building Agenda

Time	Topic	Learning Objective	Activity	Methodology	Focus & Debrief
10:00 am 30 Mins	Team Bonding	Introductions, Ice breakers, connections	Cooperative Play Activities	Get to know more about each other beyond everyday knowing	Ice Breaker Team Connections Discovering the Team
10:30 am 60 Mins	Team Building	To explore how teams work together	Canvas Race	Participants get to construct a paper canvas and use it to move from point A to point B in sync with each other.	Teamwork Synergy Productivity
11:30 am	Tea Break				
12:00 pm 60 Mins	Communication & Collaboration	To explore the importance of communication and Collaboration in teams.	Ball Toss	Participants have to create a sequence of actions with a ball	Interpersonal Skills Coordination Synergy
1:00 pm	Lunch Break				
2:00 pm 60 Mins	Interdependence	To explore the role of interdependence in teams.	Enter the Dragon	Participants work together to support 2 team members to move to a goal without touching the Ring.	Coordination Interdependence Productivity Team Goals
3:00 pm 90 Mins	Teamwork	To relate to the importance of teamwork in achievement of common goals.	Spider Web	The participants will work together pass participants through a net.	Teamwork Leadership Achievement Results
4:30 pm 30 Mins	Reflections & Takeaways	To Summarize the Learnings and Takeaways	Discussion Based.	Reflections and Takeaways are discussed with Actions for the workplace.	Reflections Takeaways Action

Activity Pics



Co-Operative Games



Paper Canvas Race



Toss The Ball



Enter The Dragon



Spider Web

Costing

One Day Team Building Program for upto 40 participants.

Rs 45000/- + GST 18 %

Venue Cost Range – Rs 1200 – Rs 1800 per head +12 % GST

Includes

1 Facilitator

2 Support Staff

All Outbound Equipment and Props

Excludes

Transport

Anything not mentioned in Includes.

Requirements

Open space of 30 square feet per person in indoor or outdoor areas.

Comfortable casual clothing and sports/walking shoes

Terms

- An activity disclaimer needs to be signed by all participants.
- Venue and Facility to be booked by the client.
- Transport, Venue and food charges for Trainer and Staff to be taken care by you.
- Payment terms are 75 % Advance 1 week before the event and Balance 25% within 1 weeks of activity.
- Cancellation or postponement 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 Fraternity carrying over 10 years of experience in conducting trainings.

The Learning process includes facilitation based on Experiential learning, Adult Learning Styles and uses variety of facilitation methodologies and tools.

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

