

Team Building Event

Example Itinerary

The day can be altered to suit your requirements. The selection of exercises below provides a good mix of activities designed to develop different skills such as team working, leadership, trust and communication.

We will divide the group in to two teams for some of the activities, the groups will change throughout the day to maximise the outcomes of the activities.

08.45	Welcome & Refreshments	
09.00	Ice Breaker Zen Obelisk	
09.45	Results Comparison & Discussion	
10.00	Rail Tracks & Spiders Web	
11.15	Activity Debrief & Discussion	
11.30	Group A Tyrolean Traverse	Group B Stretcher Carry
12.15	Group A Stretcher Carry	Group B Tyrolean Traverse
13.00	Activity Debrief & Lunch	
14.00	Full Group Roller Ball	
15.00	Full Group Bridge Building	
16.30	Awards Presentation	
17.00	Close	

