

Sample **TEAM BUILDING** Schedule

Team Building from Lake Geneva Ziplines & Adventures creates events for your team to **grow** through custom team building facilitation. Recognizing every team is unique, we start by taking time to learn about your group and specific goals. We then offer multiple options for you to choose from, with a variety of physical challenge levels and which fit into your timeframe.



8:45 am Arrival and check in

9:00 am Welcome and start of facilitated program

Our programs follow a progression of activities. Initial activities are aimed to energize the group and promote engagement. Later activities require groups to problem solve and practice team skills.

Example Energizer Activity - Nick Names and Catch Phrases

Share a childhood nickname or one you wish you had, and combine it with actions. Starts group interactions, builds energy and encourages creativity.

Example Focusing Activity - Pass the Energy

It may sound simple until you try! Pass the sound of a clap around a circle. A starter challenge introducing the group to collaboration, synchronous action and mutual support.

Example Low Problem Solving Activity - Resources

Travel with your team from point A to point B by using a set of place holders without touching the ground or losing any valuable resources. A group challenge to create and implement a plan.

10:30 am **Low Ropes Course** - 16 elements test collaboration skills as groups work to achieve success within the parameters of each element while using spotting techniques. Elements add a physical challenge to the experience, and shift the focus of the group by adding a new level of complexity to the problem solving experience.

11:45 am **Capstone Activity** - A final activity requiring groups to bring all their practice in communication, collaboration and mutual support together to achieve success in a set of more challenging parameters.

12:30 pm **Program Debrief** - Questions, guided discussion and feedback are utilized throughout the day. At the close of program, a final discussion helps groups transition their experience back to the workplace and identify specific aspects of focus for the team.

1:00 pm End of facilitated activities

