

Want to kick off your next meeting or retreat? Try Jumpstart. This abbreviated version of Pursuit taps into the skills and talents of every team member by collaborating and competing in a series of mental and physical activities ranging from elaborate problem-solving exercises to light-hearted contests.

Teams are given instructions and a limited time to determine how to acquire the greatest number of points for completing each challenge. Have fun; learn about your co-workers all the while practicing shared leadership, communication skills and innovative thinking. Jumpstart offers a memorable and robust team building experience even if you have limited time.

### Benefits

- Provides a powerful experience and a break from meetings in a short timeframe.
- Encourages camaraderie as a result of sharing ideas and strategizing together.
- Requires both big picture decisions and attention to details.
- Engages everyone.
- Appeals to those who enjoy a healthy dose of fun and fast-paced competition.

### Blend with Corporate Training

If your meeting focuses on learning and professional development, our corporate training workshops may fit the bill. We suggest [The Leader's Role in Stages of Team Development](#) as the people rotating into the leader role practice adjusting their behavior to meet the team needs.



### Nuts & Bolts

- Indoor or outdoor
- 1.5 hours
- Team size of 10-12; group size of up to 500
- All fitness levels
- Portable: ample meeting space, lawns or patios



# Jumpstart

Sample Agenda



### Introduction and Overview

A quick, high-energy review of the rules, timeline and supplies generates enthusiasm. We integrate your training initiative into these opening remarks. (approximately 10 minutes)

### Review Supplies and Strategize

Participants receive assignments and supplies including a team backpack and camera. As they strategize how and when they will attempt various challenges (concurrently or sequentially), teams are asked to set goals for how to work together, examine leadership roles, and formulate a plan for success. (approximately 5 minutes)

### Jumpstart Challenges

All teams attempt to complete identical challenges within a set time period. This combination of proven, high-energy, problem-solving initiatives, physical challenges, intellectual puzzles and photo assignments encourage everyone to contribute towards a common goal. (approximately 65 minutes)

### Share Highlights

The Jumpstart program design lends itself to an upbeat sharing of stories, appreciations and a few learnings. (approximately 5 minutes)

### Scores and Winners Announced

The scores of each team are tallied during a quick facilitator-led self-scoring process. The program ends on a high energizing note. (approximately 5 minutes)

### Program Complete (approximately 90 minutes)

### Sample Facilitated Challenges

You will choose from among these and other options based on the skill sets upon which you wish to focus.

**Leaky Pipe**—Team members attempt to raise a floating object to the top of a large plastic pipe. Strategic planning, good communication and team persistence help the team keep water from leaking out of the holes.

**Pipeline**—Teams try to move a small ball from the starting line to the finish bucket without stopping or dropping the ball. A coordinated team effort is required to manage the assortment of pipeline components.





# Jumpstart

Sample Facilitated Challenges

**ADVENTURE**  
ASSOCIATES  
(800)-987-5582

**Roadblock**—Blindfolded team members are guided through an obstacle course using only verbal directions. Effective coaching and clear communications are tested in this insightful challenge.

**Glass Tower**—Teams must construct as tall a tower as possible using “glasses.” They cannot enter the bounded area, nor can they touch anything but the one glass in their hand.

### Sample Self-Directed Challenges

You will choose from among these and other options based on your team’s interests and the facilitated challenges you’ve selected.

**MindStretchers**—Mentally challenging pencil and paper problems to be deciphered and turned in.

**Photo Challenge**—An ongoing challenge of Jumpstart involves photo-documenting your accomplishments using the cameras given to each team. Creativity is key as is innovation to use outside resources to complete your photo-documentation assignments.

**Team Survival**—Each team reads an adventure-gone-wrong scenario. Then the group must review a list of objects and agree on the most important survival items.

**Trivia**—A variety of general trivia questions that need to be completed and turned in before the end of Jumpstart. Trivia questions can also be customized to focus on company, personnel or industry related information.

