



Overview

Discover hidden talents and strengths of your co-workers during our action-packed and fast-paced Countdown team event. These creative challenges, similar to NBC's Minute-To-Win-It, involve simple household items repurposed into fun activities requiring concentration, a steady hand, visual memory or quick eye-hand coordination.

Each small team rotates through the challenge stations to practice the techniques necessary for success. While practicing, team members increase their skills through peer coaching and enthusiastic support. Each team chooses a representative to attempt each of the four challenges during the Competition Round. Finally, the rubber meets the road during the Showdown Round where all teams come together to attempt surprise Countdown challenges. The energy of the audience combined with the intense focus of the contestants makes for a rousing finish.

BENEFITS

- Accentuates creativity and fun.
- Encourages sharing of best practices.
- Provides a break that energizes meeting participants.
- Fosters friendly banter and relationship building.
- Provides a forum for practicing motivation and coaching skills.

BLEND WITH CORPORATE TRAINING

Because Countdown asks team members to identify their strengths in a fun manner, the connection to strengths and behaviors at work is significant. Our [Strengths Performance](#) or [DiSC](#) workshop provide theory and a shared vocabulary.

NUTS & BOLTS

- Indoor or outdoor
- 2 hours
- Team size of 4; group size of 500
- All fitness levels
- Portable





INTRODUCTION AND OVERVIEW

Form small teams of 4–5 and participate in a fun and quirky strengths survey to begin thinking in terms of individual strengths and talents. (10 min)

PRACTICE ROUND

Teams rotate to the various activity stations to practice each of the four Countdown challenges. Each team has 15 minutes at each station to interpret the instructions, perfect their techniques and allow each team member to have multiple practice opportunities. (1 hour)

COMPETITION ROUND

One minute is all you get as you vie for points to help your team win. Each person on the team determines which challenge best fits his/her strengths and then goes head-to-head against members of the opposing team. (20 min)

SHOWDOWN ROUND

All teams gather in the general session room to compete in the final showdown round. Teams are randomly assigned a new challenge that nobody has seen or practiced. The competitor chosen by each team is given a few minutes to familiarize himself with the challenge materials and to practice. With audience support and anticipation, the final Countdown challenges are sure to draw cheers and laughter. (15–20 min)

SCORING AND DEBRIEF

This conversation focuses on the teamwork skills exemplified during Countdown. We help you connect skills needed to focus intensely on goal achievement, provide motivating feedback and coach for positive results back to real world applications. (approximately 10 minutes)

SAMPLE COUNTDOWN CHALLENGES

Hangover—Create a chain of hangers that balances perfectly.

Tape Measure Shot—Transport ping-pong balls along an extended tape measure so they drop into shot glasses.

Ka-broom—Work with a partner to catapult and then catch a marshmallow.

