



## Overview

A great way to get out in nature while practicing teamwork, our Trail Venture program takes your group on a highly interactive hike with various team challenges along the way. The anticipation and excitement that builds as teams make their hike between challenges is palpable, as is the energy that carries them through to the next activity.

Plus, there is really something special about getting into the great outdoors and walking side by side with your coworkers. The conversations that come up naturally, or through facilitated discussion, can be truly stimulating. These effects are multiplied by the team challenges undertaken on the trail, which invariably spark more and richer dialogue.

### BENEFITS

- Provokes natural, insightful conversations between co-workers.
- Provides opportunity to collaborate and practice communication skills during team challenges.
- Allows team to unwind in a natural setting, away from the office.

### BLEND WITH CORPORATE TRAINING

Due to the amount of both interpersonal and group conversation this program encourages, learning more about oneself prior to the program can be tremendously insightful. Any of our Assessment & Profile training workshops, such as [MBTI®](#), [DiSC](#), or [Emotional Intelligence](#) would work great to this end.

### NUTS & BOLTS

- Outdoor
- 3-3.5hrs
- Team size of 15; group size of up to 30
- Medium fitness level suggested
- Portable: requires park or large grounds area





### **INTRODUCTION**

During our introduction the lead facilitator discusses the goals and expectations of the group. If combined with corporate training or team development, we may discuss models or theories germane to agreed upon goals. (approximately 10 minutes)

### **LARGE GROUP WARM-UP ACTIVITIES**

Prior to the hike the team will take part in a few fun warm-up activities to break the ice and get people energized for the day ahead of them. (approximately 20 minutes)

### **TEAM CHALLENGES & HIKE**

The team is brought to the start of their hike and then proceed from one challenge to the next, with short hikes in between. These short hikes are a great time to do mini-debriefs with the group, or in pairs, to discuss any revelations from the multi-faceted problem-solving challenges. Anticipation and excitement build during the time between exercises as it's not possible to see what is around the corner. This also helps to focus energy on topics brought up during particular activities. (approximately 2.5 hrs)

### **CLOSING DEBRIEF**

After the day's challenges, the team is brought together to discuss things that were observed and learned while on the trail. The facilitator will help guide this process, with lines of questioning that explore best practices and implications for teamwork and leadership. The idea is to help the team come to their own conclusions as these are often the most powerful. Team introspection can lead to greater insights and lasting change. (approximately 30 minutes)

### **PROGRAM COMPLETE**

(approximately 3.5 hours)

