

## Team Building by Nature Itinerary

### **MAIN OBJECTIVE:**

Team Building by Nature action learning/team building programs are designed to develop leadership qualities and enhance group effectiveness. Through these specific activities and exercises, participants will develop communication, cooperation, and problem solving skills within the group dynamic.

### **MORNING:**

9:00- 9:30 am **BRIEFING/INTRODUCTION**

#### Introductions

Tim and Matt as facilitators

Introduce others as assistants

#### Talk about Goals for the day

1. Increase personal confidence.
2. Increase mutual support within a group.
3. Have FUN!

#### Safety Issues

1. General disclaimer about inherent risk
2. Use common sense / ask if unsure

#### Common Issues

1. "What concerns do you have at this point?"
2. Tell some common concerns
  - a. Insecurity - can I do it?
  - b. Will it be embarrassing?

#### Contract - "Challenge by Choice"

1. Not required to participate
2. Need to agree to work together as a group
3. Be positive and supportive of each other
4. Varying mental and physical abilities

9:30 am – 1:00 am **CANOE TRIP-** Canoe about 5 miles. Go over safety and self-rescue in canoe.

*Activity Objective:* Develop communication skills among group, overcome fears, and work on trusting co-workers to overcome obstacles presented.

*Trip Description:* The opportunity to travel through the heart of the Appalachians will put you in the midst of magic and beauty. We invite you to explore the ancient Shenandoah and Potomac Rivers in one of our many canoes and touring or sit-on-top kayaks. These lightweight, quiet crafts are ideal vessels for discovering the abundant wildlife that flourishes in these amazing riverine ecosystems. Paddlers often see: swimming Turtles, cavity-nesting Wood Ducks, elegant Egrets, Belted Kingfishers, fishing Osprey, and stately Great Blue Herons. Remember - the guiding is up to you!



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