

Corporate Outbound Training Interventions

Experiential learning is considered the best form of learning. The lessons learnt are deeply embedded and form the spring board for enhanced learning. The challenge with Outbound training, as a process for experiential learning, is the ability of the facilitators to debrief and bring out learning from seemingly unrelated activities.

Some of our workshops include:

- ❖ Team Building Adventure Workshops
- ❖ Stress Management, Change Management and Creativity Workshops
- ❖ Residential Wellness Workshops
- ❖ Eco Tours and Nature Walk Workshops

Team Building Adventure Workshop:



In this program, we use the invaluable concepts of action and experiential learning which serve as a learning tool and aim at consistently helping participants gain immediate and powerful insight into their own and their team's work styles and behaviour. Participants experience tangible differences that can be made by a change in thinking and behaviour. Detailed de-briefs ensure effective and strong retention for participants.

Some of the key areas we address include communication, leadership, teamwork, planning and delegation. Organizational values such as integrity, mutual respect, fairness, customer satisfaction, and quality. This is also a great platform for personality development and confidence building.

How we do this: With a variety of outdoor and indoor games, role plays, business cases and activities enhancing learning and retention



Stress Management/Change Management/Creativity Workshop:

The stress and change management programs will be relevant to the actual needs of corporate members who find work-life balance a constant challenge, inhibiting their performance and growth inspite of fine values and good work skills. The workshop will present detailed information, demonstrate specific techniques for dealing with life demands, and reduce the impact of stressors. Participants will learn about special personal and professional stress, change and conflict management strategies and experience using them. Case studies, examples, open house discussions and interaction with peer participants will make enquiry, learning and retention more effective.

Apart from this, participants will also get to explore their creative side with painting, sketching, shooting and writing- inspiration bountiful!

The destinations we choose will synergize with the program objectives presenting a very conducive environment aiding participants' need to connect with self. These destinations will also move individuals out of their comfort zones and help them in understanding the principles of successfully adapting to new environs and managing change.

Residential Wellness Workshop:

With long hours, competing responsibilities, struggle to sustain energy at work and home and high stress levels-lack of physical discipline can be quite common. The residential wellness workshop will provide the respite for employees to regroup and recharge. It focuses on small steps participants can take to calm the mind, engage the body which will have a significant impact on productivity, job satisfaction, and overall performance.

The Wellness Program is provided in a format that combines educating participants and providing them with the tools required to maintain mental and physical discipline that are conducive to health and a meaningful existence.

Here again, the ambience is just right to set the mood for some Yoga, meditation and other wellness disciplines. Participants are also treated to key aspects of diet and nutrition as part of the workshop.

Eco-tours and Nature-Walk Workshop:

If you wish to incentivise your team for fantastic work done, if you wish to reward performance, if your aim is for your team to chill out and have some peaceful time, away from the hustle-n-bustle of the city, this one is for you. We will pick destinations for you that are extremely soothing, right in the midst of mesmerizing nature, raw yet very appealing, days moving at a slow, lazy pace and ofcourse some great food as well.

This workshop will not only help your team unwind, it will also boost synergies amongst team members without having to compete with each other, without having to prove their mettle.



Highlights of our programs:

We can customize the programs to the levels of the participants in terms of age, gender, experience, fitness and needs of the organization.

We ensure that all the spots we choose have complete infrastructure and logistics support to make the experience additionally memorable

All adventure activities are conducted under the supervision of certified, trained and experience adventure instructors while maintaining high safety standards and using the best quality of equipment

If the program format needs some amount of indoor activity such as brainstorming, presentations, class-room lectures we ensure the destinations are equipped to provide these in-house facilities as well

Our programs are interspersed with a lot of fun and play. The evenings are made interesting with bonfires, onsite barbeques, music and dance and much more...

We prefer destinations that are environmentally friendly, ecologically balanced and with minimal technology influence. This helps participants to connect to the outdoors nature both physically and mentally.

