

# **TEAMBUILDING @ RAASWATER**

Raaswater has one of the most state of the art teambuilding facilities in the Southern Hemisphere. With our partnership with **SKY X** we ensure the best teambuilding courses.

**SKY X** is making use of the new concept of Developmental Recreation to lead the individual and /or group to self-assessment and -actualisation in order to accomplish and implement a culture of continuous improvement in the strive towards excellence.

**SKY X** offers the opportunity and challenges both the individual and the team to develop in respect of:

- Leadership Development
- Building Trust
- Instil Self-Confidence and Respect
- Strengthening Interpersonal Skills
- Enhancing Teamwork
- Exercising Choice
- Enjoyment and having FUN!!

We utilise amongst others the following recreational activities to stimulate and assist the process towards accomplishing specific organisational and/or personal developmental objectives:

- High (4 and 12 metres) and Low Ropes
- Abseiling and Rock-climbing
- Archery
- River rafting
- Kayaking
- Team building games
- Orienteering

**SKY X** provides an exhilarating learning environment in which the participant is compelled to learn about themselves and the team process, as well as compassion, respect, care and understanding for the people within the team. Regardless of the ranks and/or seniority within an organisation, all participating individuals' roles will be neutralised and their comfort zones will be non-existent.

Furthermore, we specialise in programmes, which include:

- Emotional Intelligence
- Administrative Skills Programme
- Basic Managerial Skills
- Change Management
- Communication Skills
- Creative Thinking
- Diversity Awareness
- Diversity Management
- Financial Skills
- Leadership Development Programme
- Life Skills
- Total Quality Management
- Transformational Leadership
- Organisational Excellence

**SKY X** is utilising some of the most advanced and best programmes, tools and equipment available to ensure the ultimate experience for the optimum results.

Through the mentioned, an environment for personal and educational growth is created, where individuals and teams/groups reach beyond their own expectations, or perceived willingness to try and transfer that experience from an adventure base into their lives at home and at work.

Who should make use of these services?

- Corporate Environments
- Public Sector
- Local Governments
- Schools / Tertiary institutes
- Churches

And everyone who is out to experience life!!!

The mission of **Sky X** is to create an environment for personal and educational growth, where individuals and teams (groups) reach beyond their own expectations, or perceived willingness to try, and transfer that experience from an adventure base into their lives at home and in a work setting.

Participants in a team-building program experience increasingly complex problem-solving challenges. After each challenge, facilitators initiate discussions to identify successful approaches and opportunities for improvement and make connections to actual workplace situations.

As your team progresses through a program, Sky X's facilitators encourage people to build progressively on their key learning's. When action-planning sessions are part of the program, the facilitators always begin with YOUR goals in mind.

Regardless of the program duration and location, your team members will leave working more collaboratively; leading more effectively; and achieving goals more consistently.

This program provides an experience that integrates work processes, improves teamwork, and changes how your team perceives performance.

***Program goals:***

- To develop a comprehensive outdoor adventure education centre to benefit top management, middle management and the team in the corporate theatre.
- To augment the current programs offered at companies.
  
- To provide an exhilarating learning environment in which the participant is compelled to learn about themselves and the team process as well as compassion, respect, care, and understanding for the people in the team.
  
- To provide a resource for Top management, middle management, and group leaders to utilize their own team-orientated goals, and to train their team to their best advantage.
  
- To create a high-impact motivator which can be used as a diagnostic assessment tool in the therapeutic and treatment arena.

***Individual goals:***

- To increase personal confidence and self-esteem.
- To develop an increased joy in oneself and in being with others.
- To encourage adventure, risk taking, and attempting the unusual.
- To encourage people simply to try their best.
- To serve as a metaphor for discussing lessons learned (Trust, communication, teamwork, failure, trying, etc.)
- To develop coping skills
- To extend an opportunity for decision-making with natural and immediate consequences.
- To have fun and enjoy oneself.
- To learn to trust oneself and others and to learn from mistakes and failures.
- To provide an opportunity for goal setting and clarifying success
- To provide an outlet for creativity and craftsmanship.

***Team goals:***

- To develop team building, group support, and trust.
- To enhance communication skills
- To promote leadership skills and neutralize roles regardless of rank.
- To build co-operation and commitment within the team.
- To provide a medium for task focusing as well as short and long term goal setting.
- To provide a model for observing team development.
- To enhance respect for others
- To realize that a sense of humor and emotions play a role in-group dynamics.

***Partnering goals***

- To develop the values of compassion and respect
- To increase the sense of caring for another person

- To promote an understanding for each other due to the perception that their safety depends on working together toward a common goal.
- To know the feeling of dependence/interdependence with another person and with equipment.

**Other programmes include:**

- Basic managerial skills
- Change management
- Creative thinking
- Creative problem solving
- Financial skills
- Life skills
- Total quality management
- Transformational leadership
- Leadership development programme

## ***Examples of elements of low ropes course***

### ***PROBLEM SOLVING COURSE (8 OBSTACLES)***

#### ***1. See-saw:***

- Task: Arrange a group in a sequential line without stepping off a horizontal pole. The pole must be in balance.
- Objective: Good icebreaker activity that allows a group to laugh, relax, and feel more comfortable helping each other and accepting help from others. Every person is important. This obstacle addresses absence from the working place

#### ***2. Giants Finger:***

- Task: Lift the tires over the top of the pole, touch it to the ground and put it back over the pole. Sounds easier than it is.
- Objective: Emphasises the need for support and respect of other group members.

#### ***3. Spider Web:***

- Task: Get the whole group from one side of the spider's web to the other without upsetting the Sleeping spider.
- Objective: Enables a group to review their ability to deal with potential successes and failures.

#### ***4. Long Walk To Freedom***

- Task: Traverse, as a group, the length of several cables and ropes attached between poles.
- Objective: Development of patience and group co-operation.

#### ***5. Drawbridge***

- Task: Cross a shallow stream without walking through the water. One person is already on the opposite bank. There are three wooden poles three pieces of rope and one long rope.
- Objective: Creativity, communication and problem solving.

#### ***6. White water***

- Task: Cross the rapids using four small islands as stepping-stones and three wooden planks of equal length to bridge the gaps
- Objective: Lateral thinking and creativity. Working as a team.

#### ***7. Island hopping***

- Task: Swinging from a rope hung from the branch of a tree the team must place one person onto each of the islands (10 car tires).
- Objective: Teamwork, communication, planning and co-coordinating.

### **8. Swing bridge**

- Task: Cross from A to B without touching the ground in between using a car tire suspended from a tree, a scaffolding plank and two oil drums.
- Objective: Planning, communication, lateral thinking and looking at the problem in a holistic way.

### **Ability course**

- The ability course consists of 8 elements of the high ropes course but they are only 1 metre above the ground. The purpose of this course is mainly to prepare the participant for the high ropes course. It is important for the participant to know his own ability before challenging the high ropes. It is also important for the participant to convince himself that he can rely on team mates to assist him. To trust team mates is important for doing the high ropes course.

### **TEAMBUILDING: Terms & Conditions**

- Your company are responsible for the meals of the facilitator and his team. If accommodation is needed it will be paid by Raaswater itself.
- Your company needs to arrange for, and pay the instructor separately unless another arrangement has been made.
- Any 2 activities – R150 per person (price exclude the facilitator)
- In order to use the teambuilding facilities, you need to make use of the facilitator Raaswater recommends.
- Facilitator Tel Nr. 072 8080 238 (Neels Lubbe: SKY-X)

