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## **Portable Team Challenges**

*Portable Team Challenges* are a sequence of *games*, *initiatives*, and *trust activities* that can be set up in offices, classrooms, playing fields, etc. By participating in these challenging yet fun activities, groups focus on problem solving, leadership, communication, trust, and other facets of team development.

- *Games* are activities that serve as icebreakers - encouraging participants to relax, act silly, and remove some of the barriers that normally keep individuals from cooperating with one another. Games are the simplest form of team challenge.
- *Initiatives* are activities that require group members to identify a problem, make a plan for solving that problem, and initiate their plan. These challenges foster communication, commitment to the group, and leadership roles among the group members.
- *Trust Activities* require significant commitment and communication from members of the group. Many activities bring participants off the ground, calling for *spotters*, and other safety considerations. This additional risk often ranks *trust activities* among the most intense and powerful experiences in the *Portable Team Challenge*.



### **Sample Itinerary** (always tailored to fit your needs)

#### **SHORT PROGRAM**

**10:00 am – small group introductions**

**10:15 am – ice-breakers – getting-to-know you exercises and name games**

**10:30 am – initiatives – group juggle, object retrieval, bigfoot traverse**

**12:00 pm – LUNCH**

**12:45 pm – energizer – ‘electric coin toss’**

**1:00 pm – trust activities – blind pairs walk, lifting exercises**

**1:55 pm – final challenge – mouse traps**

**2:00 pm – END**

Between activities the group discusses how they are meeting their goals, improving communication skills, and developing teamwork. The activities we choose can be easily related back to “the real world” (work, family, friends, etc...). This ‘debrief’ provides the necessary transference from the experience of the activities, to the *People learn better when they are engaged in fun activities*.