



## **Tanrallt Mountain Centre**

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### **Prince's Trust Teambuilding Residential.**

The demands of Outdoor Training and Development programmes stimulate the use of a wide range of knowledge and skills. Participants will have to draw on their life skills and experience, which are often not recognised as beneficial when used within an organisation.

By being involved in the decision-making processes of a team dealing with problem solving activities, an individual's confidence can be effectively stimulated and developed with challenging tasks. They will experience the personal feelings of success and achievement from completing tasks that on first sight seemed impossible. They will learn new skills and have the opportunity to apply their existing knowledge and skills.

#### **Key Areas used within the Teambuilding Program.**

- **Problem solving using a cooperative approach**
- **Team planning and time management**
- **Effective communication and feedback**
- **Individual and collective commitment**
- **Handling and resolving conflict**
- **Participative decision making**
- **Mutual trust and confidence**
- **Understanding and valuing differences**
- **Cooperative use of resources**
- **Team spirit and mutual support.**

Reviewing plays a very important part throughout the residential, as each team differs the review and time for reviewing also differ, therefore session times may alter to allow the reviewing process to be successful.

As each Prince's Trust team differs the residential needs to meet the changing needs of each team.

At the TMC we offer structure to the residential in the timetable but allow the Prince's trust team leader to choose the activities best suited to meet the team's needs.

All the activities listed will also help to develop the personal skills needed for a team to perform well, confidence, trust, self esteem, tolerance and motivation.

## Session and Activity Planning

### Session Timetable

Day	Breakfast	Team Brief	Session 1	Lunch	Session 2	Evening Meal	Session 3
	7-8am	8:50	9am Leave centre		5:30pm Return to centre	6-730 pm	8-10 pm
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							

### Activity Matrix

Activity	Key Skills	Personal Development Skills	Daytime or Evening Activity
<b>Navigation Training</b>	C, IOL	C, RS, M	Both
<b>Night Navigation</b>	C, PS, WWO, IOL	Tr, To, C, RS, RO	Evening
<b>Day Hike/ Mountain Day</b>	C, WWO	Tr, RS, RO, M	Daytime
<b>Canoeing</b>	C, PS, WWO, IOL	Tr, To, C, RS, RO, M	Daytime
<b>Raft Building</b>	C, PS, WWO, IOL	Tr, To, C, RS, RO, M	Daytime
<b>Gorge Scrambling</b>	C, WWO	Tr, To, C, RS, RO, M	Daytime
<b>Climbing</b>	C, WWO	Tr, C, RS, RO, M	Daytime
<b>Abseiling</b>	C, WWO	Tr, C, RS, RO, M	Daytime
<b>Team Games / Ice Breakers</b>	C, PS, WWO, IOL	Tr, To, C, RS, RO, M	Both
<b>Team Challenge</b>	C, PS, WWO, IOL	Tr, To, C, RS, RO, M	Both
<b>Mine Exploration</b>	C, WWO	Tr, To, C, RS, RO, M	Daytime
<b>Night Line / Trust Exercises</b>	C, WWO	Tr, To, C, RS, RO, M	Evening
<b>Indoor Climbing*</b>	C, WWO	Tr, C, RS, RO, M	Daytime
<b>High Ropes Course**</b>	C, WWO	Tr, C, RS, RO, M	Daytime

*Activities marked with \* incur an additional cost of £6.50 per person.*

*Activities marked with \*\* incur an additional cost of £8.50 per person*

#### Activities Matrix Key

Key Skills	
Communication	C
Problem Solving	PS
Working With Others	WWO
Improving Own Learning	IOL

Personal Development Skills	
Trust	Tr
Tolerance	To
Confidence	C
Taking Responsibility for Oneself	RS
Taking Responsibility for Others	RO
Motivation	M

## **Q and A's**

### **What does it cost?**

5 Day Residential £2,340.00

Per Prince's Trust Team (up to 15 team members and 2 team leaders)

4 Day Residential £1,880.00

Per Prince's Trust Team (up to 15 team members and 2 team leaders)

### **What's included in the price?**

5 Day Residential

4 nights self catered accommodation with up to 12 Instructor led sessions, 2 instructors, 24 hour on call service, all specialist equipment. All bed linen and T towels are provided.

4 Day Residential

3 nights self catered accommodation, up to 9 Instructor led sessions, 2 instructors, 24 hour on call service, all specialist equipment. All bed linen and T towels are provided.

### **What's not included in the price?**

The Prince's Trust Team travelling costs, food, personal clothing, personal toiletries, toilet rolls and towels.

Activities with additional external costs e.g. Ropeworks course £8.50 pp, Indoor Climbing £6.50 pp. (these sessions are run by our own staff team to keep continuity throughout the teambuilding program).

### **How do I book?**

Contact the TMC office on 01286 881724

or

e-mail [office@thetmc.co.uk](mailto:office@thetmc.co.uk)

### **Who can I talk to, to discuss planning the timetable and program?**

You can talk to Andy or Deb who will be happy to assist with any of your queries.