



## **Tanrallt Mountain Centre**

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## **Teambuilding.**

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 program, 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 team differs the program needs to meet the changing needs of each team.

At the TMC we offer structure to the program in a timetable but allow the team leader to choose the activities best suited to meet the team's requirements.

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.

## Activity Planning

### Activity Matrix

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

### 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