

PROTEAMS

TEAM BUILDING &















"Alone we can do so little; together we can do so much." Helen Keller

PROTRAINING welcomes you to the PRO World of Team Building! Here you will be able to consider an array of exciting activities from full days to short two hour conference fillers.

Explore PREMIUM solutions or any of our other excellent adventures that your team can experience. Turn the page and select the best team building activity to suit your needs!

PG	TEAM BUILD	DURATION	GROUP SIZE	IDEAL FOR/NEED
7	TRADING TRIBES	1+ Hours	16+	Team game based on negotiation, collaboration & strategising
9	ROAD WORKS	2-3 Hours	8 - 50	Team work paltform for creativity, innovation and planning
11	LANDMINES	1+ Hours	8 - 64	Practising together as a team under pressure
13	DA VINCI'S DIVIDE	1+ Hours	12 - 100	Developing new skills, strategy, teamwork
15	STYLES AT WORK	2 Hours	8 - 100	Know yourself and your teammates better
17	ALL STAR TEAM	1+ Hours	16 - 36	Redefining a team in the broader organisational context
19	THE X FACTOR	1+ Hours	12 - 50	Fun and entertaining team building activity to add to your event
21	BOOMWHACKERS	1+ Hours	10 - 1000	Highly engaging, fun activity for promoting harmony with music
23	THE ESCAPE ROOM	1+ Hours	12 +	Short, fun, escape room activity
25	APPALACHIAN TRAIL	Customised	8 - 1000	Engaging team discussion and debate
27	JENGA JAM	1+ Hours	8 - 100	Foster fun and teamwork
29	BELBIN [®] TEAM PROFILING	½ Day	8 - 50	Profile the participants for self and team insight
31	CHOCOLATE CHALLENGE TM	½ Day	20 - 500	Fun simulation on business skills, creativity, marketing
33	PROMISES, PROMISES! TM	½ Day	10 - 1000	Dynamic workshop, collaboration, results, office politics
37	CORAL BANKS TM	½ Day	10 - 1000	Large conferences, high energy, teamwork
35	GOLD OF THE DESERT KINGS	½ Day	10 - 1000	Competitive activity for sales conferences & strategic planning for leaders
39	MISSION TO MARS	1+ Hours	12 - 50	Energetic outdoor activity

PG	TEAM BUILD	DURATION	GROUP SIZE	IDEAL FOR/NEED
41	CUSTOMISED GAME BOARD	Customised	8 - 100	Fun board games customised to your needs
43	TEAM QUEST	2 Hours - ½ Day	10 - 100	Energetic app based "knowledge hunt" game
45	VOTE NOW	1+ Hours	8 - 300	Engaging activity with voting pads
47	BESPOKE	2 Hours	8 - 150	High Team Engagement, Build a bike for CSR initiative, collaboration
49	CORPORATE GAME QUIZ	1+ Hours	8 - 100	Fun activity with questions & answers
51	VULCANUS INNOVATION FOR TEAMS	½ Day	Minimum 8	Open innovation business game













Trading Tribes is a business game designed to provide groups of individuals with the opportunity to practise cooperative competition as they build their negotiation and team skills. Teams must rely on their own effective group dynamics as well as building productive relationships with the other teams. The game explores basic teamwork concepts as well as strategic planning and negotiation.

Use Trading Tribes:

- As a fun addition to your conference allowing people to mix and mingle
- To teach teams the value of cooperative competition
- For stressing the importance of group interdependence
- To gain understanding of the key elements required for successful influencing and negotiation outcomes



Duration: 1+ Hours

Group Size: 16+ participants **Environment:** Indoor & Outdoor



Knowledge is Power. Information is Liberating.,

Kofi Annan





Being able to work productively within a team is a vital factor for achieving success in any business setting. In the face of increasing competitive pressure, it is also important that teams are challenged to be innovative and learn how to brainstorm ideas together and arrive at solutions which are both viable and productive

Use Road Works to:

- Drive teamwork messages
- Support creative-thinking themed workshops
- Emphasise the importance of planning and meeting of deadlines
- Highlight using resources efficiently
- Practise working within constraints such as limited resources and budget





Environment: Indoor & Outdoor



"Management is doing things right; leadership is doing the right things."
Peter Drucker









Landmines is a 1/2 hour to 1 hour conference filler that challenges teams to traverse dangerous and obstacle strewn terrain avoiding the landmines along the way. The team uses specially constructed wooden boards and ropes to cross the dangerous terrain, they must not step on the ground otherwise.......



The debriefing of this activity can be linked to your company's strategy discussing the role of vision, mission and objectives.

Alternatively, this activity can be used as an energising team exercise whereby teams race against each other.

Use Landmines to:

- Emphasise communication transfer down the line
- Highlight the importance of practising together as a team
- Overcome obstacles en route to a goal
- Develop teamwork and synchronisation

Duration: 1+ Hours

Group Size: Minimum 8 participants

Environment: Indoor & Outdoor



SPIRATION

Leadership and learning are indispensable to each other

John F. Kennedy





In this highly engaging activity, teams are challenged with the dilemma of making a self-supporting bridge with no mechanical tools, fastening or adhesives whatsoever!

Use Da Vinci's Divide to:

- Learn a newly acquired skill with concise teamwork activity
- Make an impressive result from a unified effort involving problem solving & communication
- Create an analogy of a "before and now" or the "bridge to the future"
- Highlight the value of simplicity for creativity and innovation
- Have an outdoor activity that is not physically demanding and does not require powerpoint or conference setting
- Discuss how you can keep your bridge in your office entrance for further temwork reminders

Duration: 1+ Hours

Group Size: Minimum of 12 participants

Environment: Indoor & Outdoor



Upgrade your Event!

Materials used can be customised to the colours of you logo, or new branding, or tie in with National Day celebratory activities





It appears simple - to communicate effectively we just have to say what we mean. But all too often communication gets lost in translation despite the best of intentions. People say one thing, the other person interprets something else and there is also the way in which a message is delivered which can lead to misunderstandings, frustration and conflicts.

Use Styles at Work to:

- Increase self-awareness
- Enhance teamwork and communication workshops
- Highlight the benefits of different communication styles in one team
- Give teams immediate tools and techniques for getting on others' wavelength
- Ultimately improve communication effectiveness back in the workplace

Duration: 2 Hours **Group Size:** 8 - 100

Environment: Indoor, cabaret style



"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart"

Nelson Mandela





Why is teamwork important? It does not mean everybody can do each other's jobs, it is more about synergy whereby the sum is greater than the parts. If properly developed, teamwork maximises strengths, bringing out the collective best outcomes. Just as it is one thing to join a team, but quite another to perform as a team member, so it is that a team without teamwork does not work.

This activity is all about team performance.

Use All Star Team to:

- Enhance communication and teamwork messages
- Introduce an outdoor activity that has movement but is not physically demanding and poses no cultural or physical risks
- Emphasise that we are all one big team to drive the message of big picture thinking
- Simply introduce a visual, fun bonding activity that has no PowerPoint and can be implemented with the minimum of fuss



ISPIRATION

"Alone we can do so little, together we can do so much"

Helen Keller









Madonna, Prince, The Beatles and The Rolling Stones – they all pale into insignificance when compared to you and your team! This team building workshop calls on your team spirit for 1 to 2 hours to create your very own team song.

Leave your nerves at the door and show up for a great team experience. Have you got what it takes to be a superstar?

Have you got the 'X Factor'? Are you and your

team the next pop sensation?

Could you be the 'next big thing'? Find out in this fun and sometimes or often hilarious team build.

Use The X Factor to:

- Foster creativity and problem solving
- Find one's voice in context of a team
- Reinforce key values and messages
- Push innovation and strive to practise collaboration

Where words fail, music speaks.

Hans Christian Andersen

Duration: 1+ Hours **Group Size:** 12 - 50

Environment: Indoor & Outdoor



FACT

Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins.

Stacy Horn, Time Magazine









Each of this vibrant hand struck musical tubes creates one of five notes. We therefore have different rhythm "departments" discovering its impact on the bigger musical organisation. With this musical / business metaphor in mind, we layer everyone together to create a complete performance. We can add more interactive sections that highlight: harmony, teamwork and outcomes.

Use BOOMWHACKERS to:

- Enliven the audience
- Re-energise the group post lunch
- Add a short, unique entertaining session
- Provide a feel good factor for the day



Duration: 1+ Hours

Group Size: Minimum 10 participants **Environment:** Indoor conferences



Work in harmony, have non-stop fun and see instantaneous creativity





In this fun and challenging activity teams are locked in a room (in theory!). The doors are chained shut and there are just 60 minutes to escape! The countdown is on!

Use THE ESCAPE ROOM to:

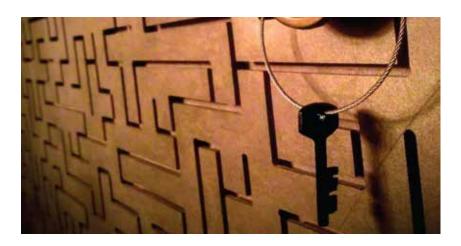
- Test how well teams perform when working under pressure
- Test team's understanding of a complex tasks
- Practice organisational and time management skills
- Highlight the value of teams interacting and sharing data with other teams (in cooperation, not rivalry)
- Test teams approach to problem solving (lateral thinking)



Duration: 1+ Hours

Group Size: Minimum 12 participants

Environment: Indoor



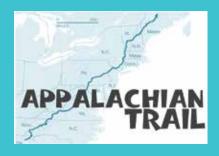
Failure will never overtake me if my determination to succeed is strong enough.

Og Mandino

The ESCAPE ROOM is a Northgate training activity







Interventions such as the Appalachian Trail promote team discussion, problem solving and interaction amongst colleagues which further encourages bonding and increased communication. All this will ultimately positively impact relationships back in the workplace.

Use Appalachian Trail to:

- Indulge in a discussion based team activity that is non-work related
- Promote team bonding and introduce a new collaboration tool
- Engage in an activity that has no physical component or strenuous demands
- Encourage group problem solving
- Add-on to a problem solving session or as an icebreaker or session closer

 Observe or asses competencies such as listening, assertiveness and negotiating ideas **Duration:** Customised

Group Size: Minimum 8 participants **Environment:** Indoor & Outdoor



Survival can be summed up in three words NEVER GIVE UP. That's the heart of it really. Just keep trying

Bear Grylls - Survival expert









Jenga Jam is a highly engaging activity that brings teamwork and laughter to any event. It can be used for fun and/or learning – depending on your need.

Competing against one another on the construction site, the teams must demonstrate their jenga-bilities and construct the tower without it toppling over!

The team that has the most robust jenga-bilities wins the competition and the prestige of being the construction kings! Will you be 'Bob the Builder' or will you be standing proud with your tower rivaling the Burj Khalifa???

This activity can be customised to integrate company or product specific objectives as well to accomplish learning objectives.

Use Jenga Jam to:

- Find solutions for problem solving
- Increase creativity
- Make business connections
- Enhance team bonding

Duration: 1+ Hours

Group Size: Minimum 8 participants **Environment:** Indoor & Outdoor

Jenga is the third most popular game in the world after Monopoly and Scrabble based on the number of units sold.









The **Belbin 360° Profiling Tool** enables you to learn more about the personalities on your team. Coupled with any of the team building workshops, the Belbin Team Roles session is about uncovering, highlighting and maximising strengths while being aware of and managing possible "allowable weaknesses."



Use Belbin 360° Profiling Tool to:

- Learn more about the personalities in the team
- Create insight into the team role of other colleagues
- Increase self awareness of strengths and allowable weaknesses
- Highlight how others perceive us (360° profiles only)
- Reflect on the entire team profile and discuss any gaps

Duration: ½ Day

Group Size: 8 - 50 participants per group

Environment: Indoor

HILOSOPHY

The Belbin philosophy denotes that **there are** almost no jobs that operate in total isolation. Most people need to contribute their

best abilities and talents to a team situation, in order for their goals and the overall goals of the organisation to be effectively

achieved.

PROTRAINING truly shapes future performance! They not only delivered a very engaging team building event but have challenged team members and at times got us out of our comfort zone to ensure we see the bigger picture. The day was packed with exciting learning and ensured everyone left with a better understanding of a team and its purpose, higher tolerance and more appreciation for one another that translated positively in the workplace. PROTRAINING were fantastic and their preparation was impressive.



Basma Ahmad Essa, Senior Manager, Brand and Corporate Communications Management, Emirates National Oil Company Limited (ENOC) LLC







The **Chocolate Challenge** is a great team development activity that simulates a complete business process from initial concept through to design, production, marketing and promotion. It's all done in a light-hearted and highly creative environment requiring co-operation, mental and artistic skills (and several kilos of chocolate!).



Use Chocolate Challenge to:

- Emphasise the importance of creative thinking
- Highlight the need for working together to achieve an end result
- Improve communication & innovation
- Strengthen working relationships
- Develop business-cycle skills

The Aztecs and Mayans used CHOCOLATE AS CURRENCY! Time you turn a Profi

Duration: ½ Day

Group Size: 20 – 500 Participants

Environment: Indoor

:ACT

The Chocolate Challenge was originally created in 1998 – it has since been used for the final challenge of the BBC 'Apprentice' series.

Q: What was the worst thing about the event?

A: "Aching tummy muscles from laughing so much.

The day was extremely good for morale as well as being good at highlighting the benefits of teamwork and our ability to stretch our boundaries."



A well organised and structured event, which produced some great results from our team. The professionalism of the facilitators – during the event but also before and after (when they set up and cleared the

room) meant that I didn't have to worry about a thing!











Promises, Promises! TM demonstrates the strong relationship between teamwork and results. The delegates will trade, negotiate and rapidly interact to get the right resources to the right people based on needs and deadlines. Politics, intrigue and fun are all in the mix making it a unique and entertaining team experience. Participants will walk away with an understanding that everyone within an organisation is both a customer and a supplier.



Use Promises, Promises to:

- Build team unity
- Improve synergy and interdepartmental effectiveness
- Promote "big picture" thinking to achieve the overall mission
- Increase productivity through strengthened working relationship
- Highlight the impact of silos in company politics and unproductive team behaviours
- Remove barriers towards achieving the common vision
- Maximise productivity through "we" versus "me"
- Emphasise the value of relationships for sharing resources

Duration: ½ Day

Group Size: 10 - 1,000 participants

Environment: Indoor

You will learn to move from a 'me' mentality to a 'we' perspective

Your stimulating team building program presented during our annual workshop was outstanding and it seems everyone I talked to wants me to express appreciation for your great presentation of Promises, Promises. Our team enjoyed to be part of the fun, challenge and politics which finally led to create synergy between our team members. Thank you for your contribution to the success of our workshop for this year.



Rotana Hotels





Coral Banks™ Construction Company challenges participants with an ostensibly impossible task. Seemingly overwhelming goals often put teams into 'deer in the headlights' mode—paralysed by self-doubt and confusion. But in this challenge, paralysis is quickly replaced with motivated, purposeful action as people explore the potential for "What's Possible" with the power of collaborative teams.

Use Coral Banks to:

- Highlight effective use of resource allocation and talent sharing
- Create bonding and team spirit
- Demonstrate that a team can achieve together what an individual cannot do alone
- Highlight how to build unanimous focus on a single task to achieve success
- Teach the importance of inter-team support
- Emphasise the need to adhere to quality standards within an allotted time
- Engender pride for a job well done
- Realise the influence of leadership and chain of command on outcomes
- Round up the troops for a hands on team building activity (without the physical stress and exertion of more traditional team building activities) Coral Banks[™] is brought to you by PROTRAINING, sole representative of Eagles Flight and team building provider in UAE





Duration: ½ Day

Group Size: 10 – 1,000 participants **Environment:** Indoor & Outdoor

A Coral Banks[™] world record in 2012 brought 750 people all in one place with Al Nabooda team at Meydan Hotel and d together they built the longest Coral Banks™ Bridge in the world!

Thank you very much for making our team building such a great success! From the very beginning we felt comfortable with your innovative, creative and professional approach. Not only did you handle all aspects of our Coral Banks team building for over 700 colleagues to an impressive standard. We loved the high energy facilitation and the attention to every detail that made it such a success. Until today our people are still talking about the event. A new standard has been set! It's been a true pleasure to work with you **PROTRAINING!**





Ines Albert, General Manager Organizational Development





Gold of the Desert Kings™ addresses the issue of effort invested versus results achieved. This fun and fast paced team exercise takes participants on a virtual desert journey whilst working in competing teams of four or five members. They face possible by the end of the experience. The challenges encountered are similar to a hectic work schedule.



Use Gold of the Desert Kings™ to:

- Emphasise the impact lack of planning has on results
- Highlight the need for obtaining as much information as possible
- Stress the importance of risk management and adapting to changing circumstances
- Increase the awareness of sales productivity
- Prove the difference (in results)



Duration: ½ Day

Group Size: 10 - 1,000 participants

Environment: Indoor

Convert your team's

activity into productivity, and maximise results!

I knew I had hit bull's-eye with the Gold of the Desert Kings idea. What made me more confident about the programme was the manner in which the PROTRAINING team responded - right from the start they impressed us with their efficient, professional manner, an approach that not only inspired confidence, but generated the results we were looking for. All members of my client's top management learnt new business skills which they could put to use in their day to day management jobs....and all the while had an amazing fun filled time..



Thomas Joseph, Events Manager

NPA Events LLC, Muscat, Sultanate of Oman

Gold of the Desert Kings™ is brought to you by PROTRAINING, sole representative of Eagles Flight and team building provider in UAE





Mission to Mars is an energising opening or closing to a team building event which focuses on the need for sharing information, achieving success and building team spirit. The mission is to build a prototype of a rocket and successfully launch it to Mars. Sub-teams compete to have the most launches whilst working to a deadline.



Use Mission to Mars to:

- Energise your team building or conference
- Highlight effective communication/ sharing of information
- Stress the importance of perseverance and motivation
- Emphasise the need to share best practice
- Discuss the need for goal setting and achievement of goals
- Inject a physical fun activity to your

Duration: 1+ Hours

Group Size: 12 - 50 participants

Environment: Outdoor

HALLENGE

NASA have launched 97 shuttles successfully...

Can you and your team beat that?

I would like to thank you for being so flexible and adaptable when planning our team building days for the managers and the team members. Being able to 'adjust to fit' has enabled us to get the most out of the events. With your follow-up and support with the managers, it has been very beneficial in further developing the team in the workplace.



Karen Thorburn, Human Resources Director Kempinski Hotel, Mall of the Emirates









In today's fast paced world of online games, training gurus have realised the power of keeping employees engaged and on topic in training and conferences via Board Games. The use of games in training not only saves time and costs for the organisation but also has a higher knowledge retention rate compared to traditional training methods.



Use the Customised Board Game to:

- Engage in an innovative way
- To embed or test knowledge and information
- To open or close a conference
- Energise the participants post lunch
- Break up the monotony of continuous presentations, any time in the conference
- Facilitate an onboarding initiative in a post-merger or acquisition scenario
- Build team unity at an away-day or retreat

Duration: Customised

Group Size: 10 -100 participants **Environment:** Indoor & Outdoor



Failure will never overtake me if my determination to succeed is strong enough.

Og Mandino







A mobile app based energetic outdoor team building activity with lots of quizzes, and tasks with real time results. Points are awarded for every mission, whether it is submitting a photo or video, checking in at a specific location, or solving a puzzle or riddle to answer knowledge based questions.

Wear your comfortable shoes and prepare to go for an interactive and highly engaging 'quest' with your team!



Use the Team Quest mobile application to:

- Create a team spirit in a fun learning environment
- Challenge participants to be resourceful within a given timeframe
- Utilise the teams' strategising and decision making skills
- Develop planning, cooperation and problem solving skills
- Exercise creativity and decision making under pressure
- Increase the team's product knowledge awareness
- Enhance morale and team bonding

Duration: 2 Hours - ½ Day

Group Size: Min. of 2 teams - Max. of 20 teams (5 each team)

Environment: Indoor / Designated outdoor venue

SID YOU KNOW?

A recent study by management expert and author David Maister confirmed that employees' attitudes are a major contribution to the organisation's financial success.

From researching several companies around the world, Maister learnt that successful companies have 'Superstar Managers' who create fun for their employees.

It was a great pleasure working with **PROTRAINING**. We used their services to create a treasure hunt activity across the resort to enhance the product knowledge of new colleagues. They were very efficient and committed to the project, spending many visits walking the property themselves to ensure they had a sound understanding before creating the app based treasure hunt. The trainers were very energetic, engaging and knowledgeable and the participants thoroughly enjoyed the day.

Fiona Busse Director of Learning & Development Jumeirah Group, Dubai





Vote Now! is an easy way to collect valuable data, increase audience particiation and measure levels of understanding, buy-in and commitment all at the touch of a button with our voting keypads!



Use Vote Now! to:

- Facilitate multiple levels of assessments to identify understanding
- Deliver interactive Power Point presentations using seemlessly created polling slides
- Deliver assessments, evaluations and surveys that requires audience interaction
- Engage with participants
- Gather feedback and assess understanding



Duration: 1+ Hours

Group Size: Up to 300 audience members **Environment:** Indoor conference setting



Too often we... enjoy the comfort of opinion without the discomfort of thought

John F Kennedy











Bespoke is a team building with a difference packed with challenge, fun, teamwork and CSR outcomes - this is sure to have your team bonded and working together in no time.



Use Bespoke Team Building to:

- Enhance engagement and interaction within the team
- Collaborate and accomplish a common goal
- Network and build relationships
- Support Corporate Social Responsibility Initiatives
- Meet defined user needs within a given deadline
- Encourage friendly inter-team competition

Duration: 2 Hours

Group Size: 8 - 150 participants

Environment: Indoor or Outdoor with modification







Corporate Game Quiz is a fun team-building contest using a large screen and pre-prepared questions for teams of four to six people. Combine learning and fun with this battle of wits which brings forth the various talents of your team as well as creating bonding and healthy competition.



Use Corporate Game Quiz to:

- Embed company information and knowledge
- Pre or post dinner entertainment with general knowledge or company knowledge questions
- Post lunch energiser in a conference
- To support new corporate values, change initiatives, or a new product launch
- Open your change conference
- Impart knowledge of forthcoming changes and dispel misconceptions

Duration: 1+ Hours

Group Size: 8 - 100 participants

Environment: Indoor



You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.

Jim Stovallo







Vulcanus is an interactive business game used to experience the open innovation process in playful manner. In this fictitious situation you will find out how you could speed up the innovation process in your organisation and/or complete the processes more successfully.



Use Vulcanus - Innovation for Teams to:

- Emphasise the importance of team unity and why working together with other parties matters
- Highlight the steps required from idea to successful launch
- Select the most promising project
- Learn about the importance of involving cutomers throughout the innovation process
- Master interaction with other partners







Duration: ½ Day

Group Size: 8-16 participants per facilitator/session

Environment: Indoor



In order to create more value, collaborating with other parties might be worth every effort. Vulcanus Team Building will help you change you outlook.



FACT

The human brain is naturally open to fun. The characteristics of fun are that it is relative, situational, voluntary, and natural. Fun can have a POSITIVE

effect on the learning process by inviting intrinsic motivation, suspending one's social inhibitions, reducing stress, and creating a state of relaxed alertness. For stimulated learning and better retention, we have fun.

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