



Leadership and Team Building Courses

The UK training side of **Wilderness Expertise** is a **non-profit making** organisation dedicated to the personal development of young people. We have purposely remained specialised as a company so that we can maintain strong relationships with our clients and guarantee high quality programmes.



Aim:	The aim and objectives of the programme will depend on the needs of the school or organisation. However, as a guide the programme will be fun, challenging and thought provoking focusing on vital life skills such as leadership, team building, communication, problem solving and taking responsibility. The aim is to encourage the students to discover new skills and develop their potential.
Activity Description:	The programmes will include brief lectures, video clips, group discussions and reviews, cerebral and physical challenge tasks both indoors and outside.
Number of days:	1 or 2 days.
Venue:	Either at the client's premises or offsite at a suitable venue such as an activity site, campsite, local park or sports ground.
Role of Liaison Teacher:	To provide support and pastoral care of the students during the programme and provide transport for the students if required.
What does Wilderness Expertise provide?	Fully qualified and experienced trainers. All specialist equipment. Pre-course information and all risk assessments for activities. 24hr back up support. Liability insurance. AALA license.
Sample cost:	Between £25 and £30 per student (for a detailed quote please just call us).



Sample One Day Team Building Programme

This is a multi-dimensional course, designed for young people to discover the importance of key and vital life skills. The aim of this foundation day is to focus upon developing leadership, communication, cooperation, task achievement and team building skills.

Time	Activity	Methodology	Learning Outcome
0830hrs	Staff Rehearsal		
0930hrs	Introduction and Safety Brief	Power Point	
0945hrs	Teams – an introduction to how teams work and the way to approach tasks	Ball Delivery Pingu / Power Point Bridge the Gap Lego Car Build 3 Circles	Concept of good team work. Effective communication. Planning and the use of resources.
1035hrs	Break		
1050hrs	Team Tasks	Outdoor tasks – 3 x 15 minute tasks plus debriefs. Tyre Game; Spaghetti & Marshmallow Tower; Marble Roll.	To put together all skills learned to date in practical tasks. Look at planning, discussing ideas, task achievement, teamwork.
1145hrs	Working Together	Team work DVD – How to work together for better task achievement	Task achievement flow diagram. Highlight the key elements of team work and the modern way of getting things done.
1210hrs	Achievements thus far	Discussion groups	The importance of review
1230hrs	Lunch		
1330hrs	Leader led tasks Egg Curling Challenge – Goal Setting	Outdoor tasks – 2 x 20 minute task plus debriefs. See Saw; Olympic Torch.	Using the task achievement flow diagram in undertaking practical tasks. Learning to lead and to follow.
1500hrs	Summary and debrief	Discussion groups	Evaluating what has been learned. Assessing if aims of day have been reached. Post course action plan.
1510hrs	Disperse and debrief group leaders		

Communication and Use of Resources Module

Working with Others Module

Team Work & Goal Setting Module

**Wilderness Expertise believes in developing potential.
We look forward to working with you in the near future...**