



## Customised Team Building Activities



***We exist to empower leaders and teams to breakthrough  
and achieve their potential!***

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# Customised Team Building Activities

Would your leaders and team members benefit from a fun and engaging team building experience?



We instil our company values of *Engagement*, *Breakthrough*, and *Passion* into every team-building experience. We can add one of our team building activities with an existing course/workshop/program. When we design our Team Building Experiences we meet with your leaders and discuss/tailor the best options. Here are some of our Team Building Activities.

**The Ultimate Vision Board Activity©** - Be inspired by our proven process that helps you create your vision board and plan your ultimate year based on YOUR personal and professional priorities. We have thousands of vision board materials including borders, stickers, coloured paper, and stunning pictures to inspire you as you create your Ultimate Vision Board.

**The Ultimate Egg Drop Challenge©** - This activity brings out immense creativity, teamwork, strategy, resourcefulness, and engineering to complete. Each team will receive a mystery box of goodies and instructions to build a contraption that protects an egg from a drop from the top of a ladder, or from a ledge or balcony at a pre-determined location at the venue. This contraption will need to meet very specific requirements that our team will outline. Each group will have a box of supplies and a set amount of 'Breakthrough Bucks' to use to buy additional materials and tools to build their egg-saving contraption. The remaining 'Breakthrough Bucks' result in the profit that they make from building their egg-saving contraption. The joy and positive outcomes enrich team morale and foster greater respect and collaboration with their team members. Each team will get to present their egg-saving contraptions we will discover which eggs have survived.

**The Ultimate Team Challenge** - In this Challenge evenly split groups will have a check list and 10 Stations that they will need to complete in a timed race. Some stations will have problem-solving objectives, some will be skill based and others will require for the team to use their communication and collaboration skills. We will set up these stations at various points in the conference room and/or outdoors as permitted (and depending on the weather.) Each station will be organised with unique instructions and there will be a grace time limit if groups get stuck at a station. Here is a summary of the 10 Stations:

1. **Back-to-Back Charades.** One person in the group will sit down on a chair and have a piece of paper taped to their back. All the team participates and the person sitting on the chair needs to guess the correct shape/image.
2. **The Trusted Blindfold.** Some team members are blind folded, and others will be their verbal guides. The team members that are blind folded will receive verbal directions to spell 'TRUST' as they hold strings with markers.
3. **The Carnival Game Ring Toss.** The game we all know from Carnivals is back. Each group must work together as each member takes a turn and tosses rings to score a set number of points.
4. **The Pyramid of Plastic Cups.** Group Team must use all the given plastic cups to build a pyramid. Then they must use a surprise elastic contraption to build another Plastic Cup Pyramid.
5. **Ping Pong Ball Luge.** In this challenge participants have various shaped pipes, and they must collaborate with each other to move a ping pong ball from one point to another. If the ping pong ball falls you must start again.
6. **Marshmallow Skewer Tower.** Using just these resources for each table each team must assemble a tower that reaches a certain height. There is a time limit and the tallest tower wins.
7. **The Great Indian Rope Trick.** Teams must un-entangle a long piece of rope that is laid down on the ground in a strategic way by facilitators. Teams will then make a perfect square with the rope!
8. **The Lilly Pad Challenge.** The Group will have a set of Lilly pads that will be their safety. The group will need to collaborate with each other to leap from lily pad to lily pad and get to the other side of the pond.
9. **The Toilet Paper Toss.** Each member of the team will have to take turns and they need to successfully toss a pack of 24 toilet paper rolls into the toilet. The catch is that each successful throw requires a new throwing position.
10. **Mystery Activity.** The 10<sup>th</sup> activity is a mystery activity – and may play as a final decider.

**The Epic Life Values Activity©** - In this activity our team will set up fun criteria for participants to network with each other and exchange Epic Life Values Cards. Each of these cards. In this proprietary game participants get a set of initial values cards. Then they use their negotiation and problem-solving skills to trade values cards with other people until they are left with the values that matter the most to them. Finding values that align becomes more of an adventure than you thought.

**The Amazing Strengths Builder Experience** - This activity starts with a short teaching and questionnaire which will help participants discover their VIA Character Strengths. In this activity participants will be given VIA Character Strengths cards that represent their top strengths. Participants will network with other participants as they unpack insights and draw out humorous, encouraging, and life-giving insights.

**The Lego Builders Team Challenge** - In this team building activity, each team will have a Lego set to build. Participants in each group will have designated roles. *The Builders* cannot verbally communicate, and they are the only role that can build the LEGO. *The Lookers* are the only role that can look at the instructions and packaging and find pieces. *The Runners* are the middle people between the Looker and the Builder. *The Marketers* can communicate, and they will have a 'surprise role' that will be revealed midway through the challenge. There are additional stages that could be added time permitting.

**The Ultimate Spaghetti Bridge Challenge©** – The Ultimate Spaghetti Bridge Challenge© requires immense creativity, teamwork, strategy, resourcefulness, and engineering to complete. After the initial briefing by the facilitators, the groups will need to complete this task in 3 stages – The Preparation, The Building, and The Testing stage. We mix things up with 'Breakthrough Bucks' to buy additional materials at the 'Breakthrough Store.'

## The Fear Breakthrough Workshop with Optional Board Breaking and/or Firewalking

Do you want a team bonding workshop with an option for team members to participate in a board breakthrough or firewalk?



The Fear Breakthrough Workshop with Optional Board Breaking and/or Firewalking will help your team breakthrough their fears and envision their desired future. Participants will learn about the psychology of fear and breaking through that fear by adjusting their mindset. Even if they choose not to participate in the optional Board Breaking Experience participants there will be a lot to learn and activate with mindset, confidence and action taking. The optional Board Breaking and Firewalking Experience will be at the very end of the workshop. The Board Breaking and Firewalking activities are led by Luke Ashcroft. Luke has been trained to safely run firewalking activities and has led them with groups and celebrities since 2007. The Workshop could be led in 1-2 hours and up to a Half-day. Call us and we can discuss preparations and procedures.

Our Fear Breakthrough Process© identifying negative patterns of self-talk and uncovering limiting stories and where they come from. The Fear Breakthrough Workshop with optional board breaking and firewalking has the following benefits:

- Be Empowered through the Fear Breakthrough Process© - Identify and articulate limiting beliefs, learn how to look beyond what is considered possible and learn practical ways to break through fear and limiting beliefs.
- Harness the power of the team to build strength and belief.
- Optionally Luke Ashcroft can lead a board breaking activity and/or firewalking activity at the end of the workshop. The board breaking aspect of the workshop will become a metaphor for positive change. Participation in board breaking, and firewalking is voluntary and can cause serious injury. Participants will be informed on the dangers and will sit through a mandatory safety talk from Luke Ashcroft. Participants need to sign a waiver.

## Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



### Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

### Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

### Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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