



*** TEAM BUILDING ***

Stormsrivier Adventures - utilizing a variety of their quality products – including the world famous Tsitsikamma Tree Top Canopy Tour have linked with Back2Base6 to bring you a nature focused and relevant Growth and Development Workshop to foster collaborative approaches on a Personal, Team, Organizational and Community level. Specific issues within your organization / workplace can be addressed on your request.



TSITSIKAMMA CANOPY TOURS



The **Tsitsikamma Canopy Tour**© is a unique eco-wilderness adventure that takes place in the magnificent Tsitsikamma indigenous rainforest. The first of its kind in Africa, the **canopy tour** involves traversing from one platform to another along a steel cable suspended up to 30 meters above the forest floor...

Most platforms are located in giant Outeniqua Yellowwood trees. The scenery and bird life is spectacular and professional guides provide interesting facts about the forest ecology during the 2½ to 3 hours.



BACK2BASE6 FACILITATED TEAMBUILDING



Back2Base6 is a Home Grown Stress Management and Life Skills Consultancy with its roots firmly planted in the Tsitsikamma.

Our Workshops draw from the parallels of Synergy and Interdependence found in all living organisms and raise individual and collective awareness that Interconnection is the foundation of existence. We celebrate our differences and acknowledge that each and every cell in our body, each and every member of our team has a unique and useful part to play in the whole.

We facilitate a process and balance of experiential learning, brainstorming, group activities and exercises, getting up close and personal with nature and fun, interactive games with a serious undertone – enabling individuals and groups to feel connected and creatively respond to opportunities and challenges in a less stressed environment.

Organizational stress often results from faulty communication, lack of clear goals and objectives, inadequate resources, misperceptions, reluctance to take risks and the inability to seek/accept help. Using the collaborative core values known as T.I.G.E.R.S (Trust, Interdependence, Genuineness, Empathy, Risk & Success) we explore team establishment, models of effective communication; empathy with others and our environment; the ability to identify and achieve group tasks; the courage to break through the fear barrier and the ecology of goal setting – ensuring that positive change occurs without negative side effects – for others, ourselves and the environment. Successful outcomes acknowledge and respect both the Goal and the Relationship.

Built around the unforgettable Eco-experiences of the Tsitsikamma – participating teams are given the space to learn by experience - to experience the power in the principle that “Working Together – Works”. It is widely acknowledged that experiential learning produces the highest level of understanding and most effective application of that knowledge.

Experiences you'll never Forget!!

Rate: R600pp

Includes the following:

- Tsitsikamma Canopy Tour
- Light Lunch
- Conference venue
- Coffee / Tea
- Qualified facilitator

OPTIONAL EXTRA: High/Low ropes obstacle course

- Available on request.
- Programme below can be extended to allow for the 2nd activity



Sample programme for our Tsitsikamma Canopy Tours Teambuilding - Programme may be adapted to suit your individual needs

DAY 1 - ARRIVAL

14h30 – Check in at your accommodation establishment

15h00 – Group Meeting – Workshop

Introductions – Ubuntu and the Spirit of Interdependence

- Establishing & Forming the Team based on Pre-Event Diagnostic
- Feedback from individuals regarding relevance of Diagnostic – is a valid reflection of my Communication Style and how others see and experience me?
- Defining the Team – What is a Team and Types of Teams – Team Brainstorm and Feedback. Outline TIGERS as Team foundation.
- Establishing Team rules and roles – Teams to set Rules for Working together
- Smart Goals – outline criteria and discuss. Consider all Factors.
- Overview of Interdependence – parallels in nature and ecology and amongst humanity – Synergy Works

16h30 – Group Walk to Big Tree to experience Interdependence of Forest and Ecology

- Team homework – Creation of Team Tree – Name motto and colour encompassing Rules and Roles. Discuss Similarities and Uniquities amongst team members.

18:00 – Dinner/Braai and Social evening at your accommodation establishment

