



TEAM ZONE

Professional Team Building

April, 2005

TEAM BUILDING & ADRENALINE

"Our thoughts and imagination are the only real limits to our possibilities."
Ralph Waldo Trine

"Our greatest battles are that with our own minds."
Jameson Frank



The years when activities as rappel, flying fox or off-road runs were done only by a few ... are history. Today each of us can do such things!

This way, the Team Building sessions started to be an appropriate structure for "adrenaline" activities, because out of the "extreme" part we talk about skills and competencies to be improved: team spirit, leadership, communication, competition, performance, a.s.o.

WHAT TO CHOOSE?

100% SAFE

- Flying Fox
- Rappel
- Mountain Bike
- Orientation Routes
- Climbing
- ATV
- Rafting
- Caving
- Via Ferrata
- Paintball

The keyword of those exercises is safety - everything is done with experts and professional equipments - having in mind the security of all participants.

And, funny thing, all the exercises can be done with no risk at all by any of us, no matter the age, sex or physical preparation ...



BENEFITS

Individual

- Facing challenges
- Trust and self esteem
- An opportunity to do something different
- Out of the daily stress
- Fun

Company

- Team cohesion
- Communication improvement
- Competition and performance
- Motivated teams
- Increased productivity

We remain at your disposal for any other information:

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