

Beaver Hollow

Teambuilding & Leadership Activities

Tailored to achieve outcomes including trust, communication, cooperation, achievement, problem solving, and fun! Our certified teambuilding facilitators will provide your group with all equipment necessary to participate in these activities.

Beaver Hollow will work with your group to create an event that is enjoyable, relevant and meaningful. This is accomplished by integrating your challenges and goals into thought-provoking interactive activities.

Please contact your conference coordinator to add a teambuilding element to your next event.

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OUR PROGRAMS

- Are focused on specific outcomes for your team's needs under the following categories:
 - Social Connectedness and Community
 - Emotion Regulation
 - Mental Wellness
 - Establishing Meaning and Group's Purpose
 - Physical Wellness
- Descriptions given for why these outcomes are relevant for you and your team
- Clear objectives to our programs
- Sample list of activities you can choose from to fit your team's needs

THEMED ACTIVITIES

Creative Arts

- River of Life
- Mural Puzzle
- Mask
- Gingerbread House and Cookie Decorating *
- Photography Scavenger Hunt

Food and Beverage Activities

- Culinary Challenge
- Iron Chef
- Pumpkin Carving*
- Family Cookout/Healthy Cooking Demo
- Beer Tasting & Pretzel Making Challenge*
- Beer Tasting & Culinary Challenge

High Impact Activities

- Ninja Playground
- Climbing Wall
- Olympiad
- Pamper Pole
- Team Triathlon
- Trail Encounter

Mindfulness Activities

- Reflexology Path
- Herb Garden*
- Nature Walks
- Fit Breaks
- Relaxation
- Fishing

Team Challenge Activities

- Build a Craft Challenge
- Catapult Challenge
- Scavenger Hunt

**Additional Charge for supplies.*

OVERVIEW

Experiential Activities performed as a group are an invaluable tool in trying to create or strengthen a Team. Those organizations that realize this are often the ones that achieve a higher degree of success.

Beaver Hollow advances Teambuilding the next step forward with activities designed to improve the performance of your people and organization. We offer a complete solution for your event that includes:

Choices
Facilitators
Facilities
Value

Choices

Beaver Hollow offers a variety of activities that are designed to address common workplace challenges. They range from simple energizer type activities to more complex critical thinking challenges. Each activity generally runs from 30 to 60 minutes in length.

You can also choose from any of the Sample Multi-Activity Programs. These Sample Programs are outcome based, designed to address specific challenges identified by an organization. If your organization is undergoing one of the personality assessment tools, we have paired activities that underscore the results of those tools.

The last section of this brochure presents our team challenge activities; a number of fun yet competitive activities. Most of these can take place indoors as well as outdoors and offer your group the chance to let their inner competitor out!

Facilitators

We provide Facilitators for your event with the knowledge and experience to deliver a program that is specific to the needs and expectations of your organization. Our skilled Facilitators help your leaders, managers, teams and individuals learn experientially and to integrate their experiences at Beaver Hollow into the culture of your organization.

Facility

Beaver Hollow is unlike any Teambuilding setting with an ever-expanding facility and array of equipment. We integrate the activities and elements into the beautiful natural surroundings. Being outside, either in warm weather or colder weather, engaging in a fun and exhilarating program is incomparable. Picture some of the following scenarios on our beautiful property as possibilities for your group:

- The Catapult Challenge taking place on our Beach overlooking the beautiful Lake
- Savoring the feeling of success and accomplishment at the top of the Climbing Tower
- Helping a co-worker succeed in one of the many activities that take place amongst the majestic cherry trees in our Teambuilding Park
- Relaxing around our Bonfire while sharing your group's experiences of the day

Our property truly offers the perfect setting to allow real bonding and real breakthroughs to happen.

Value

Beaver Hollow will work with your group to create an event that is enjoyable, relevant and meaningful. This is accomplished by integrating your challenges and goals into thought-provoking interactive activities. For little investment so much can be gained by your group through the interaction they have with each other outside of the typical workplace. You will walk away from the experience confident that the effort and resources that went into coordinating a group event has lasting positive results.

Your group will not forget their experience at Beaver Hollow!

Our Programs

Our outcome based programs utilize a multi-dimensional approach that focuses on engaging and developing the different aspects that complete the whole person. By strengthening the social skills, emotional skills, cognitive skills, and group meaning we can expand on individual's existing strengths that are useful for the team as a whole unit. Our outcome based sample programs include:

Emotion Regulation: Overcome adversity, boost group morale, increase confidence

Social Connectedness and Community: Trust, accountability, communication/conflict resolution

Mental Wellness: Innovation, execution, insight

Establishing Meaning and Group's Purpose: Defining roles, team unification, shared vision

Physical Wellness: Fitness, energy, stress management, understanding ability

EMOTION REGULATION: Overcome Adversity, Boost Group Morale, Increase Confidence

OUTCOMES: The ability to overcome adversity, boost group morale, and increase confidence within the team are skills that can be developed to improve the emotional wellness of the team members and the group as a whole.

Activities used to address these outcomes will focus on:

- defining positive coping skills specific to group's needs
- developing resiliency traits to successfully manage stress
- improving group cooperation
- creating opportunities for group to feel assured they can rely on both their own personal skills as well as the group's skills

RELEVANCE: Focusing on the emotional wellness of a group allows for an opportunity to increase the confidence within the group to overcome obstacles. Utilizing activities to provide an environment where positive coping skills are used to regulate emotions under pressure or during conflict maximizes the team's chances of successfully handling stress outside of the activity. Effective management of stress within a team is important to morale and impacts both productivity and performance. Monitoring one's own emotions as well as recognizing the emotions in others allows for a clearer perspective of the driving force behind a team as well as the motivating factors.

OBJECTIVE: Improve the performance of the team through learning how to successfully overcome adversity with positive coping techniques and maintain optimism within the group to create healthy relationships with others to aid in boosting morale.

LIST OF ACTIVITIES USED TO FOCUS ON THESE OUTCOMES:

-A Frame

-A Work of Art

-Autographs

-Blind Mile

-Gotcha

-Mohawk Walk	-Trolleys	-Trap Towers	-Walk of Faith	-Hoopdom
-Finding Balance	-Rope Handcuffs	-Shut Your Trap	-Sky Hook Commander	-Tower Challenge
-Circles of Influence	-Genetic Actors	-Create Your Own...	-Labyrinth of Darkness	-Climbing Tower
-Trafficking Traps	-Trust Fall	-Frenzy		

SOCIAL CONNECTEDNESS AND COMMUNITY: Communication, Trust, Accountability

OUTCOMES: The ability to communicate effectively, create trust and accountability among team members, are skills that when refined, can be used as a tool to improve the social skills of the team both individually and as a group.

Activities used to address these outcomes will focus on:

- improving confidence in others
- acknowledging responsibility for oneself, both as an individual and as a team
- creating opportunities to make decisions that support the team’s ability to succeed
- improve the group’s ability to listen, empathize, and verbally express thoughts to one another

RELEVANCE: Development of social skills within a team leads to healthier interpersonal skills and provides opportunities for successful conflict resolution among team members. These skills enhance the engagement within the team leading to more positive attitudes and higher motivation towards achieving goals as a team. By participating in activities that allow for healthy relationships to be formed, it creates opportunity for building rapport among team members and allows the team to naturally find common ground even in the midst of conflicts, stress, and tension.

OBJECTIVE: To learn how to successfully communicate in the midst of conflict and to build trust and accountability within the team in order to improve the performance of the team.

LIST OF ACTIVITIES USED TO FOCUS ON THESE OUTCOMES:

-6 Box Solution	-A Work of Art	-Electric Snake	-Frenzy	-Blind Mile
-Beaver Trap	-Finding Balance	-Floating Cubes	-Toxic Waste	-Genetic Actors
-Gyroscope	-Trolleys	-Trust Fall	-Unified Vision	-Walk of Faith
-Trust Diamond	-Tower Challenge	-Tying the Knot	-Trap Towers	-Gotcha
-Beaver Retriever	-Sky Hook Commander	-Labyrinth of Darkness	- Climbing Tower	-Puzzle Connection
-Human Overhand	-Trust Ladder	-Ringer	-Moonwalk	

MENTAL WELLNESS: Innovation, Execution, Insight

OUTCOMES: The ability to utilize innovative ideas, improve decision making skills for executing plans and create opportunities for the team to measure and respond to their team needs are skills that can be developed to enhance a group’s cognitive wellness.

Activities used to address these outcomes will focus on:

- creating opportunities for teams to seek out new challenges
- developing critical thinking skills

- provide opportunities for utilizing creative problem solving
- identify group's needs
- promoting both individual and group growth

RELEVANCE: Focusing on the mental wellness of a group allows for the enhancement of critical thinking skills, leading to an improvement in the group's ability to gather information, analyze a situation and then generate optimal solutions to a problem. Increasing awareness to this process allows for groups to begin measuring the needs of their group helping them to gain insight to what works specifically for them as a team. Fostering opportunities for seeking out new challenges allows for groups to utilize their creative thinking skills and innovation in order to be successful. Improving thinking strategies enhances the group's ability to create clear and meaningful goals that the whole group can comprehend.

OBJECTIVE: Improve performance of the team through promoting innovation when problem solving, increasing insight to group's needs and organization of plan execution to reach group's established goals.

LIST OF ACTIVITIES USED TO FOCUS ON THESE OUTCOMES:

- | | | | | |
|-------------------|------------------|---------------------|-----------------------|------------------------|
| -6 Box Solution | -Electric Snake | -Beaver Trap | -Blind Mile | -Hoopdom |
| -Beaver Retriever | -Finding Balance | -Create Your Own... | -Circles of Influence | -Human Overhand |
| -Lean on Me | -Mohawk Walk | -Moonwalk | -Toxic Waste | -Puzzled Vision |
| -Sky Hook | -Tower Challenge | -Puzzle Connection | -Trafficking Traps | -Labyrinth of Darkness |
| Commander | -Rope Handcuffs | -Gyroscope | | |

ESTABLISHING MEANING AND GROUP'S PURPOSE: Defining Roles, Team Unification, Shared Vision

OUTCOMES: The ability to connect team's values to action through a creating a shared vision, promoting team bonding and shared experiences, and defining roles among team members.

Activities used to address these outcomes will focus on:

- Identifying a common goal
- Establishing the projected vision of future goals
- Understanding expectations of individuals and group
- Collaboration
- Putting needs of group/team before personal gain

RELEVANCE: By defining a group's purpose and clearly establishing each team member's role, individual team members are empowered to assess their own performance and how they impact the overall mission. An environment full of individuals who are empowered and mission driven understand the value in working together as a unit to achieve a goal. A goal oriented group is able to create a shared vision and pursue it with energy and persistence.

OBJECTIVE: To identify the roles and group's function in order to establish a sense of purpose within the team allowing for collaboration and creation of goals in order to improve the performance of the team.

LIST OF ACTIVITIES USED TO FOCUS ON THESE OUTCOMES:

-Floating Cubes	-Beaver Trap	-Blind Mile	-Ringer	-Trolleys
-Toxic Waste	-Genetic Actors	-Gyroscope	-Hoopdom	-Lean on Me
-Puzzle	-Climbing	-Circles of	-Shut Your	-Tower
Connection	Tower	Influence	Trap	Challenge
-Mohawk Walk	-Walk of Faith	-Unified Vision	-Puzzled Vision	-Autographs
-Beaver	-Create Your	-Trafficking		
Retriever	Own...	Traps		

PHYSICAL WELLNESS: Fitness, energy, stress management, understanding ability

OUTCOMES: Utilizing physically and emotionally challenging activities, stress management techniques, and mindfulness in order to understand both individual and group's abilities.

Activities used to address these outcomes will focus on:

- breaking down barriers
- creating group initiative
- mastery of technical skills
- taking positive risks

RELEVANCE:

By facing challenges that may be both physically and/or emotionally demanding, groups have an opportunity to focus on the personal/group achievements and confront their personal fears and anxieties. An environment full of individuals who are empowered to understand the value in stepping outside of their comfort zone and taking positive risks directly impacts the social cohesion of a group, the trust within a group, and decision making skills of a group. Through mastery of new skills, a group is able to successfully take on new opportunities with confidence that they have the tools and knowledge necessary to conquer and succeed at any task, no matter how stressful or challenging.

OBJECTIVE: Improve the performance of the team through opportunities to gain the confidence to go beyond self-imposed limits and gain a more detailed understanding of group's ability to accomplish a task.

LIST OF ACTIVITIES USED TO FOCUS ON THESE OUTCOMES:

-Nature Walk	-Olympiad	-Boat Race	-Ringer	-Pamper Pole
-Climbing	-Reflexology	-Team	-Trail	-Ninja
Tower	Path	Triathlon	Encounter	Playground
-Bocce	-Basketball	-Focus Ring		
Tournament				