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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Adventure Team Building - The Fun Way To Success

By Tina Gamvros

Adventure team building is a great way to infuse your company with new life - with a breath of fresh air! This type of team building activity incorporates many of the elements you find in traditional corporate events but accomplishes them through outdoor activities and more adventuresome games.

Many companies offer adventure team building activities to serve a wide range of functions. A wide range of activities is usually offered so you can choose the one that will strengthen the values that are core to your business. Some events can last for a few hours, while others might last a few days and can accommodate up to 500 people at a time.

And you won't believe how many activities from which you can choose. Some include: archery, rock climbing, kayaking, raft building, zip wires, mountain biking, sailing, night walks, fishing, horse riding, mountain expeditions, kite building and flying, barbecues, camping, and backwoods skills.

Adventure team building is perfect if your company requires events that will really offer a change of pace to your team, get them out of the office and learning new skills through a variety of different means. Adventure activities can invigorate a group of people and help them bond better than any other experience.

Perhaps better than any other corporate event, adventure team building improves communication problems, strengthens leadership skills, and helps with problem-solving, decision-making and teamwork.

Adventure events are held in a wide variety of locations and venues, so you can choose what works best for your company. Resorts, conference centres and parks are just some of the places where adventure team building can take place. And many organizations can custom-build a corporate adventure for you that is designed to develop the specific skills required by your employees.

Adventure team building is also an excellent way to celebrate a success story and reward your team for a job well done. This will help to continue the success, boost future team performance and increase morale. Whether you choose a helicopter ride or a camping experience in the woods, when everyone

in the office feels motivated, energized and excited about work, more success is definitely on the horizon.

For a list of team building events visit chillisauce at

<http://www.chillisauce.co.uk/corporate-events/>

Chillisauce is a fully bonded tour operator with a wide range of adventure team building packages and corporate team events.

Boost Employee Morale With An Exiting Adventure Team Building Event!

By Shane Williss

Corporations faced with a bout of low employee morale should organize exiting team building events to turn things around. Depending on the company budget available, there are lots of team building activities that can be implemented. Corporate event planners can organize a trip to a resort and run a myriad of group activities that encourage collaboration between co-workers.

What are some of the team building ideas that would make the event a success? Infusing a sense of adventure and fun would be the ultimate aim of these corporate events. Organizing a paintball event encourages teamwork, collaboration and competition amongst teammates and opponents. Other team building activities that would be suitable would be treasure hunts or even canoeing or kayaking. Apart from that, specialized adventure team building retreats with obstacle courses could prove to be ideal for a corporate event.

Some of the physical challenges here include monkey bars, ravine crossing, climbing walls, tire runs and stainless steel cables. Participants can be grouped into teams and encouraged to compete against one another. With this, elements such as collaboration and teamwork can be incorporated into the group during the team building event.

Another form of team building such as the geo-caching activity utilizes the combination of natural and technology elements in a mixed urban and rural environment. With a basic concept that is somewhat similar to the Amazing Race, participants are given clues to locate the next clue hidden in caches in a city or park area. Thus, logic, knowledge, collaboration and teamwork would all need to be put into place in order to decipher the clues and move on to the next location. Maps and GPS units are provided to teams for directional assistance.

Geo-caching team building programs can incorporate physical challenges such as cross-country skiing, short walks through the city or parks, or even cycling or rowing. Depending on the objective of the corporate event, physical elements will help to increase difficulty level of the geo-caching activity.

Chillisauce specialises in unique and unusual corporate events, and company team building days in

the UK and abroad. For more information, visit

<http://www.chillisauce.co.uk/corporate-events/>



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