

OUR TEAMBUILDING SOLUTIONS

“Alone we can do so little; together we
can do so much.”

Helen Keller

PROTRAINING welcomes you to the PRO World of Team Building! Here you will be able to consider an array of exciting activities from full days to short two hour conference fillers.

Explore PREMIUM solutions or any of our other excellent adventures that your team can experience. Turn the page and select the best team building activity to suit your needs!

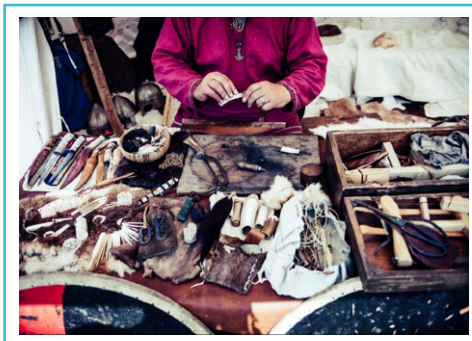
PAGE	TEAMBUILDING ACTIVITY	DURATION	GROUP SIZE	IDEAL FOR / NEED
07	TRADING TRIBES	1-2 Hours	16+	Team game based on negotiation, collaboration & strategising.
09	ROAD WORKS	2-3 Hours	8-100	Team work platform for creativity, innovation and planning.
11	LANDMINES	1 + Hours	8-64	Practising together as a team under pressure.
13	DA VINCI CODE	1 + Hours	12 -100	Developing new skills, strategy, teamwork, agility, resilience.
15	STYLES AT WORK	2 Hours	8-100	Know yourself and your teammates better.
17	JENGA JAM	1 + Hours	8-100	Foster fun and teamwork.
19	BELBIN® TEAM PROFILING	2-3 Hours	8-50	Profile the participants for self and team insights.
21	CHOCOLATE CHALLENGE™	½ Day	20 -500	Fun simulation on business skills, creativity, marketing.

PAGE	TEAMBUILDING ACTIVITY	DURATION	GROUP SIZE	IDEAL FOR / NEED
23	PROMISES, PROMISES!™	½ Day	10 -1000	Dynamic workshop, collaboration, results, office politics.
25	CORAL BANKS™	½ Day	10 -1000	Large conferences, high energy, teamwork.
27	GOLD OF THE DESERT KINGS™	½ Day	10 -1000	Competitive activity for sales conferences & strategic planning for leaders.
29	MISSION TO MARS	1 + Hours	12-100	Energetic outdoor activity for competition and results focus.
31	CUSTOMISED BOARD GAME	2 Hours - ½ Day	10 -100	Fun game with custom design on your topics/products.
33	BESPOKE	2 Hours	8-150	Building a child's bike for charity.CSR initiatives and listening to the customer.
35	CULTURE CONNECT	1-1 ½ hours	12 - 500	Empathy, adaptability, cross cultural awareness.



PAGE	TEAMBUILDING ACTIVITY	DURATION	GROUP SIZE	IDEAL FOR / NEED
37	FIRST RESPONDER	3-4 hours	12 -500	Handling pressure, strategic planning, quick decision making.
39	GRIMSBY'S CODE	3-4 hours	12 -500	Teamwork, collaboration, achieving results, values based behaviours.
41	PILLARS OF SUCCESS	1-2 hours	12 -500	Problem-solving, values, collaboration, strategising.

TRADING TRIBES



TRADING TRIBES

USE TRADING TRIBES TO:

- Add a fun addition to your conference allowing people to mix and mingle.
- Communicate the value of cooperative competition.
- Stress the importance of group interdependence.
- Gain an understanding of the key elements required for successful influencing and negotiation outcomes.

Trading Tribes is a business game with a distinct regional theme involving traditional items such as gold, pearls, camels, spices, coffee and so on. This provides teams with the opportunity to practice cooperative competition as they build their negotiation and team skills. Teams must rely on their own group dynamics as well as building productive relationships with the other teams. The game explores teamwork and communication concepts, as well as strategic planning, negotiation and information sharing.



1-2 Hours



16+ Participants



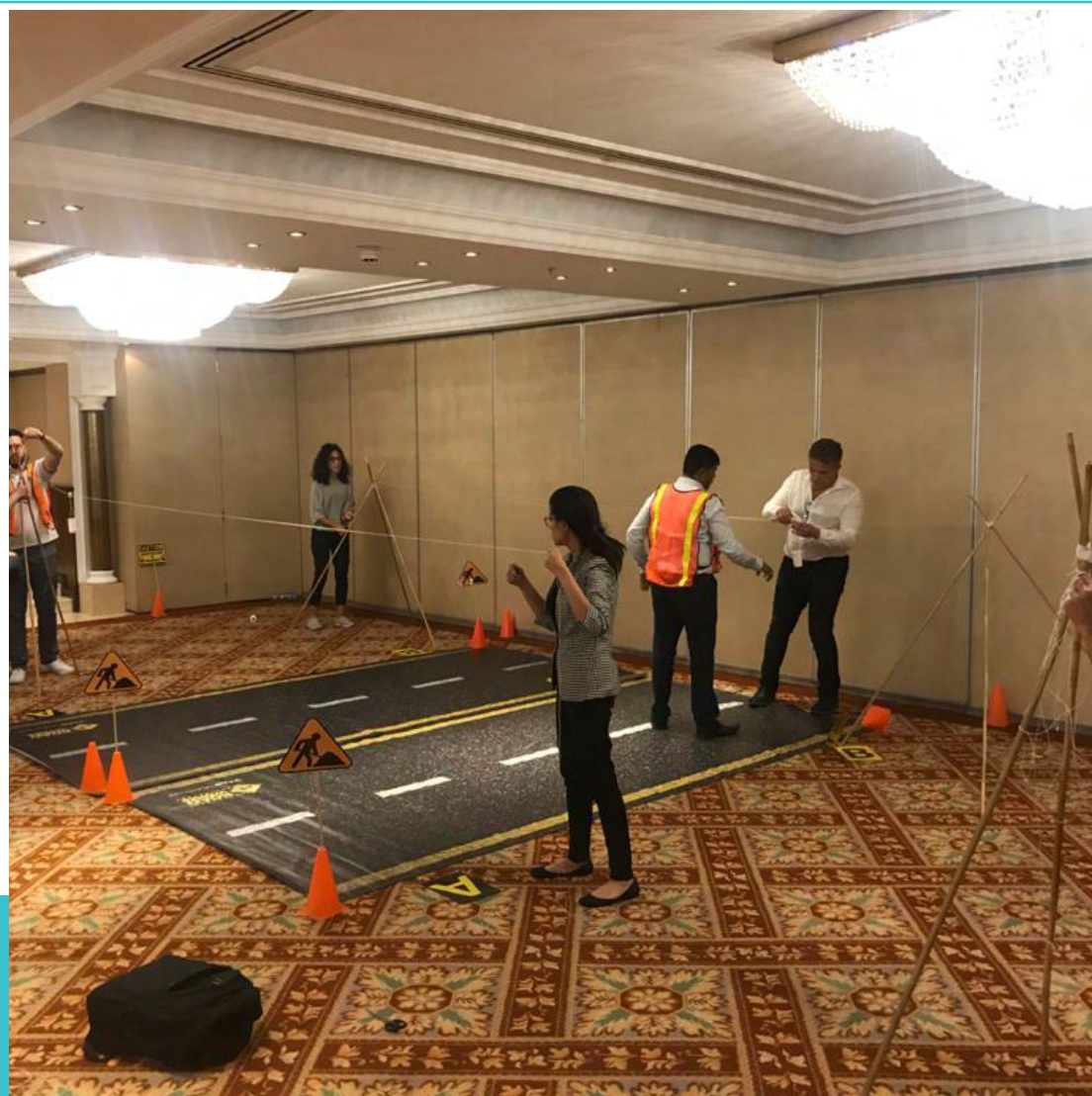
Indoor & Outdoor



Knowledge is Power.
Information is Liberating.

Kofi Annan

ROAD WORKS





TEAMWORK

STRATEGY

INSPIRATION

USE ROAD WORKS TO:

- Drive teamwork messages.
- Support creative-thinking themed workshops.
- Emphasise the importance of planning and meeting deadlines.
- Highlight using resources efficiently.
- Practice working within constraints such as limited resources and budget.

Road Works is an engaging activity that requires teams to arrive at a solution of an innovative nature. They are tasked to build a structure using limited materials and within a limited time-frame. In teams of 5 or 6 people they will brainstorm and build in order to achieve a profitable outcome to their challenge.

Being able to work productively within a team is a vital factor for achieving success in any business setting. In the face of increasing competitive pressure, it is also important that teams are challenged to be innovative and learn how to brainstorm ideas together and arrive at solutions which are both viable and productive.



2-3 Hours



8-100 Participants



Indoor & Outdoor

“

Management is doing things right;
Leadership is doing the right things.

Peter Drucker

LANDMINES





USE LANDMINES TO:

- Emphasise communication transfer down the line.
- Highlight the importance of practicing together as a team.
- Overcome obstacles en route to a goal.
- Develop teamwork alignment and synchronisation.

Landmines is a 30-60 minutes conference filler that challenges teams to traverse dangerous and obstacle strewn terrain while avoiding the landmines along the way. The team uses specially constructed wooden boards and ropes to cross the dangerous ground. Stepping on the high-risk zones will bring with it certain penalties and challenges!



1+ Hours



8-64 Participants

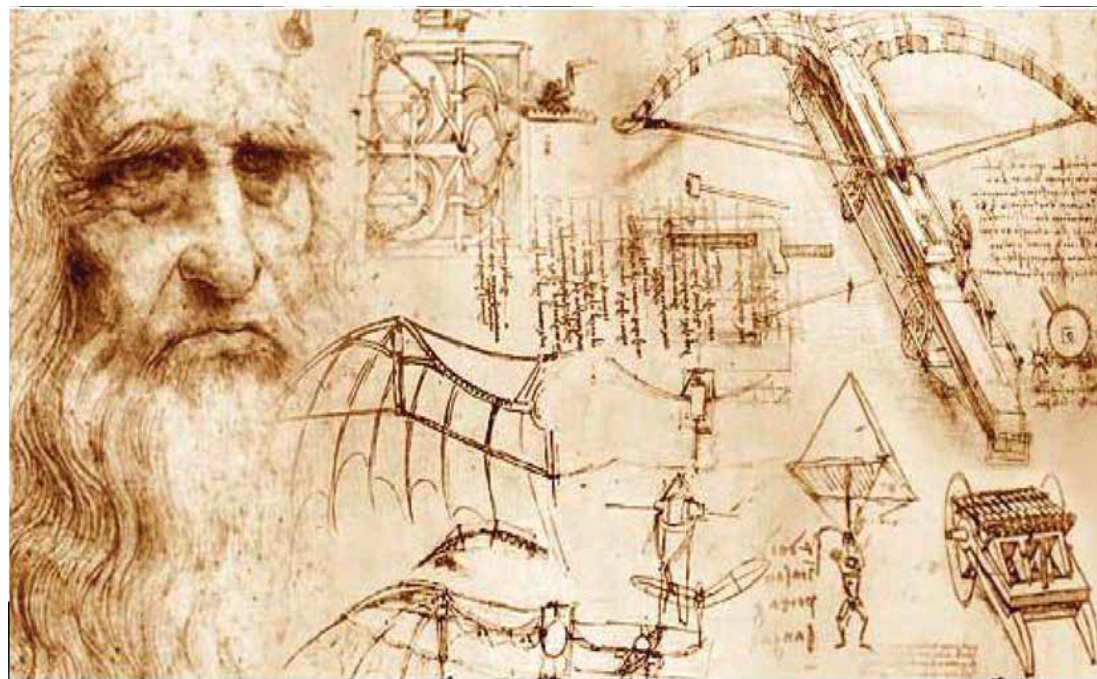


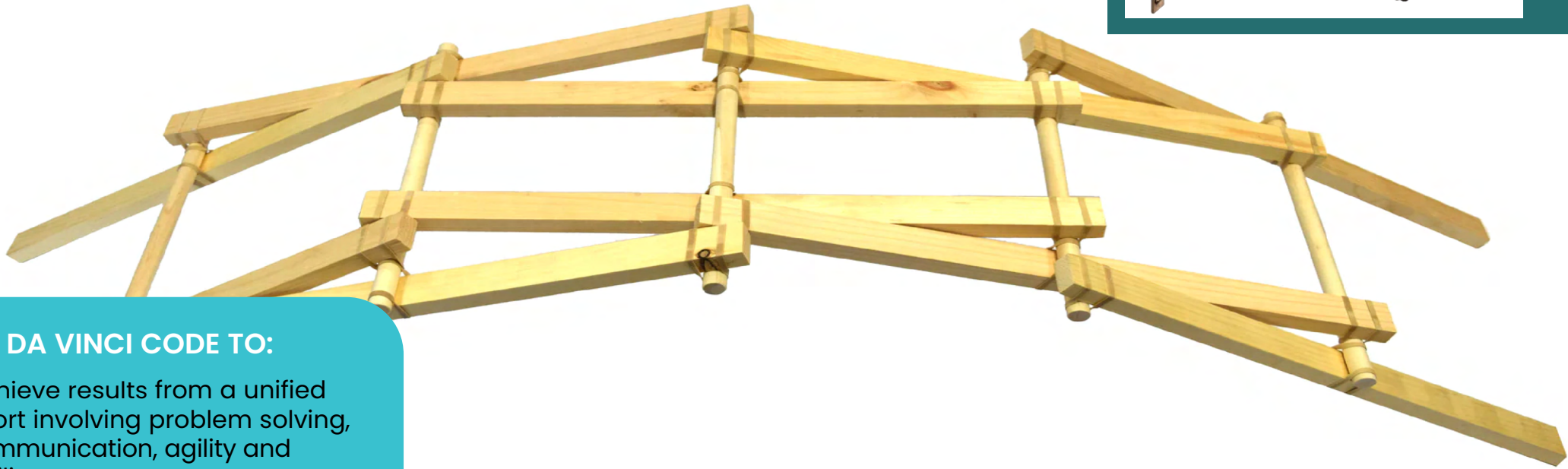
Indoor & Outdoor



Leadership and learning are indispensable to each other.

DA VINCI CODE





USE DA VINCI CODE TO:

- Achieve results from a unified effort involving problem solving, communication, agility and resilience.
- Create an analogy of a "before and now" or the "bridge to the future".
- Highlight the value of simplicity for creativity and innovation.
- Have an outdoor activity that is not physically demanding and does not require Power Point or a conference setting.

Discuss with us how you can keep your finished bridge in your office for further teamwork reminders post-event.

Da Vinci Code challenges teams to master a technique dating all the way back to 1502 by using the plans for a bridge designed for the Sultan of Bajazet II. Although the scale will be different, teams will be astonished by their engineering work.

After mastering the new skills required, teams will each complete a section of the bridge which can then be tested for strength, with all the teams unified by codes that each team must collaborate on to solve.



1+ Hours



12-100 Participants



Indoor & Outdoor

Upgrade your Event!

Materials used can be customised to the colours of your logo, or new branding, or tie in with National Day celebratory activities.

STYLES AT WORK





USE STYLES AT WORK TO :

- Increase self-awareness
- Enhance teamwork and communication workshops.
- Highlight the benefits of different communication styles in one team.
- Give teams immediate tools and techniques for getting on others' wavelength.
- Ultimately improve communication effectiveness back in the workplace.

'Styles at Work' is a team-building session that enables participants to better understand their own behaviour and the behaviour of colleagues by using a simple diagnostic tool. Easy to complete, interpret and apply, individuals can quickly improve communication and relationships by appreciating the different lens through which people see their world.

It appears simple - to communicate effectively we just have to say what we mean. But all too often communication gets lost in translation despite the best of intentions. People say one thing, the other person interprets something else and there is also the way in which a message is delivered which can lead to misunderstandings, frustration and conflicts.



2 Hours



8-100 Participants



Indoor, cabaret style



If you talk to a man in a language he understands, that goes to his head. If you talk to a him in his language that goes to his heart.

Nelson Mandela

JENGA JAM



USE JENGA JAM TO:

- Find solutions for problem solving.
- Increase creativity.
- Make business connections.
- Enhance team bonding.
- Introduce a fun light-hearted activity.
- Core values and product knowledge or safety focus.

Jenga Jam is a highly engaging activity that brings teamwork and laughter to any event. It can be used for fun and/or learning – depending on your need.

Competing against one another, the teams must demonstrate their jenga-bilities and construct the tower without it toppling over!

This activity can be customised to integrate company or product specific objectives, values as well to accomplish learning objectives such as product knowledge.



1+ Hours



8-100 Max
Participants



Indoor, cabaret style

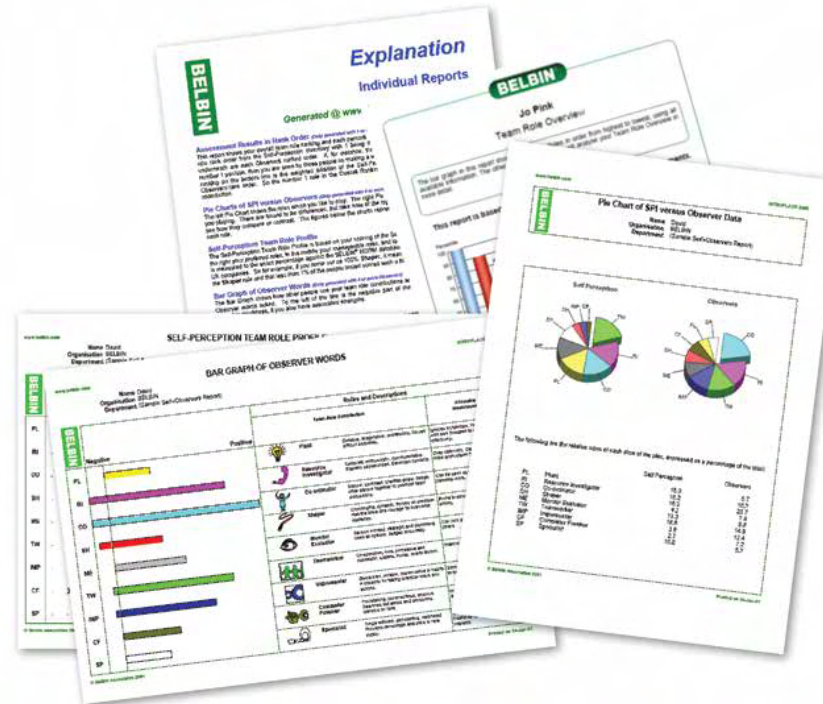
FACT

Jenga is the third most popular game in the world after Monopoly and Scrabble based on the number of units sold.

BELBIN® TEAM PROFILING



Belbin Teamwork
Improve Communication & Relationship





USE BELBIN 360° TOOL TO:

- Learn more about the personalities in the team.
- Create insight into the team role of other colleagues.
- Increase self awareness of strengths and "allowable" weaknesses.
- Highlight how others perceive us (360° profiles only).
- Reflect on the entire team profile and discuss any gaps.

The Belbin 360° profiling tool enables participants to learn more about the personalities on their team. Coupled with any of the team building workshops, the Belbin Team Roles session is about uncovering, highlighting and maximising strengths whilst being aware of and managing possible "allowable" weaknesses. Insightful and eye-opening this greatly enables participants to increase self-awareness as well as awareness of others. They learn that balance is a key success factor for every team.

"PROTRAINING positively impacted our team's performance through engaging and challenging team-building activities. Their preparation and delivery of Belbin was impressive, resulting in a better understanding of teamwork and improved workplace dynamics."
Basma Ahmad Essa, Senior Manager, Brand and Corporate Communications Management, Emirates National Oil Company Limited (ENOC) LLC.



2-3 Hours



8-50 Participants



Indoor

PHILOSOPHY

The Belbin philosophy denotes that there are almost no jobs that operate in total isolation. Most people need to contribute their best abilities and talents to a team situation, in order for their goals and the overall goals of the organisation to be effectively achieved.

THE CHOCOLATE CHALLENGE™





USE CHOCOLATE CHALLENGE™ TO:

- Emphasise the importance of creative thinking.
- Highlight the need for working together to achieve an end result.
- Improve communication and innovation.
- Strengthen working relationships.
- Develop business-cycle skills.

The Chocolate Challenge™ is a great team development activity that simulates a complete business process from initial concept through to design, production, marketing and promotion. It's all done in a light-hearted and highly creative environment requiring co-operation, mental and artistic skills (and several kilos of chocolate!).

"We had aching tummy muscles from laughing so much. The day was extremely good for morale as well as being good at highlighting the benefits of teamwork and our ability to stretch our boundaries."
gsk

 ½ Day

 20-500 Participants

 Indoor

FACT

The Chocolate Challenge was originally created in 1998 - it has since been used for the final challenge of the BBC 'Apprentice' series.

PROMISES, PROMISES!™





PROMISES PROMISES™

USE PROMISES, PROMISES!™ TO:

- Build team unity.
- Improve synergy and interdepartmental effectiveness.
- Move from a 'Me' mentality to a 'We' perspective
- Promote “big picture” thinking to achieve the overall mission.
- Increase productivity through strengthened working relationships.
- Highlight the impact of silos in company politics and unproductive team behaviours and the solutions.
- Remove barriers towards achieving the common vision.
- Emphasise the value of relationships for sharing resources.

Promises, Promises!™ demonstrates the strong relationship between teamwork and results. The delegates will trade, negotiate and rapidly interact to get the right resources from the right people based on needs and deadlines. Politics, intrigue and fun are all in the mix making it a unique and entertaining team experience. Participants will walk away with an understanding that everyone within an organisation is both a customer and a supplier. Silos do not serve the common good and big-picture thinking is essential.

“Promises Promises is an outstanding team-building programme, it was both fun and challenging, which finally led to creating synergy among our team members. Thank you for your contribution to the success of our workshop for this year.”
Rotana Hotels



½ Day to 1 Day



10-1,000 Participants



Indoor

GOAL

For leadership programmes – this solution is ideal to focus on the impact of the leader on team culture and results communications.

CORAL BANKS™





USE CORAL BANKS™ TO:

- Highlight effective use of resource allocation and talent sharing.
- Create bonding and team spirit.
- Demonstrate that a team can achieve together what an individual cannot do alone.
- Highlight how to build unanimous focus on a single task to achieve success.
- Teach the importance of inter-team support.
- Emphasise the need to adhere to quality standards within an allotted time.
- Engender pride for a job well done.
- Realise the influence of leadership and chain of command on outcomes.
- Round up the troops for a hands-on team building activity without the physical stress and exertion of more traditional team building activities.



Coral Banks™ Construction Company challenges participants with an ostensibly impossible task. Seemingly overwhelming goals often put teams into 'deer in the headlights' mode—paralysed by self-doubt and confusion. But in this challenge, paralysis is quickly replaced with motivated, purposeful action as people explore the potential for "what's possible" with the power of collaborative teams.

"Thanks for a fantastic team-building experience! Your innovative, professional approach made our Coral Banks event a huge success for over 700 colleagues. Your high-energy facilitation and attention to detail left a lasting impression, and our team is still talking about it. Working with PROTRAINING has truly been a pleasure, and you've set a new standard!"

Ines Albert, General Manager Organizational Development


½ Day


10–1,000 Participants


Indoor & Outdoor

FACT

A Coral Banks world record in 2012 brought 750 people all in one place with Al Nabooda team at Meydan Hotel and together they built the longest Coral Banks Bridge in the world!

GOLD OF THE DESERT KINGS™





USE GOLD OF THE DESERT KINGS™ TO:

- Emphasise the impact lack of planning has on results.
- Highlight the need for obtaining as much information as possible.
- Stress the importance of risk management and adapting to changing circumstances.
- Increase the awareness of sales productivity and results.
- Highlight the difference between activity versus results outcomes.

Gold of the Desert Kings™ creates an experience in which the difference between activity and productivity can mean life or death, not just success or failure. But the vibrant world within this learning experience is simply a parallel for the world we face at work every day – a world where planning, gathering resources, and goal-directed action, executed within a changing environment, are the keys to maximised results.

“I was sure I had a winner with the Gold of the Desert Kings concept. What boosted my confidence even more was the way the PROTRAINING team handled it. From the beginning, they showcased their professionalism and efficiency, instilling confidence and delivering the desired results. My client’s top management learned valuable business skills while having an amazing fun filled time.”

Thomas Joseph, Events Manager NPA Events LLC, Muscat, Sultanate of Oman



½ Day



10–1,000 Participants

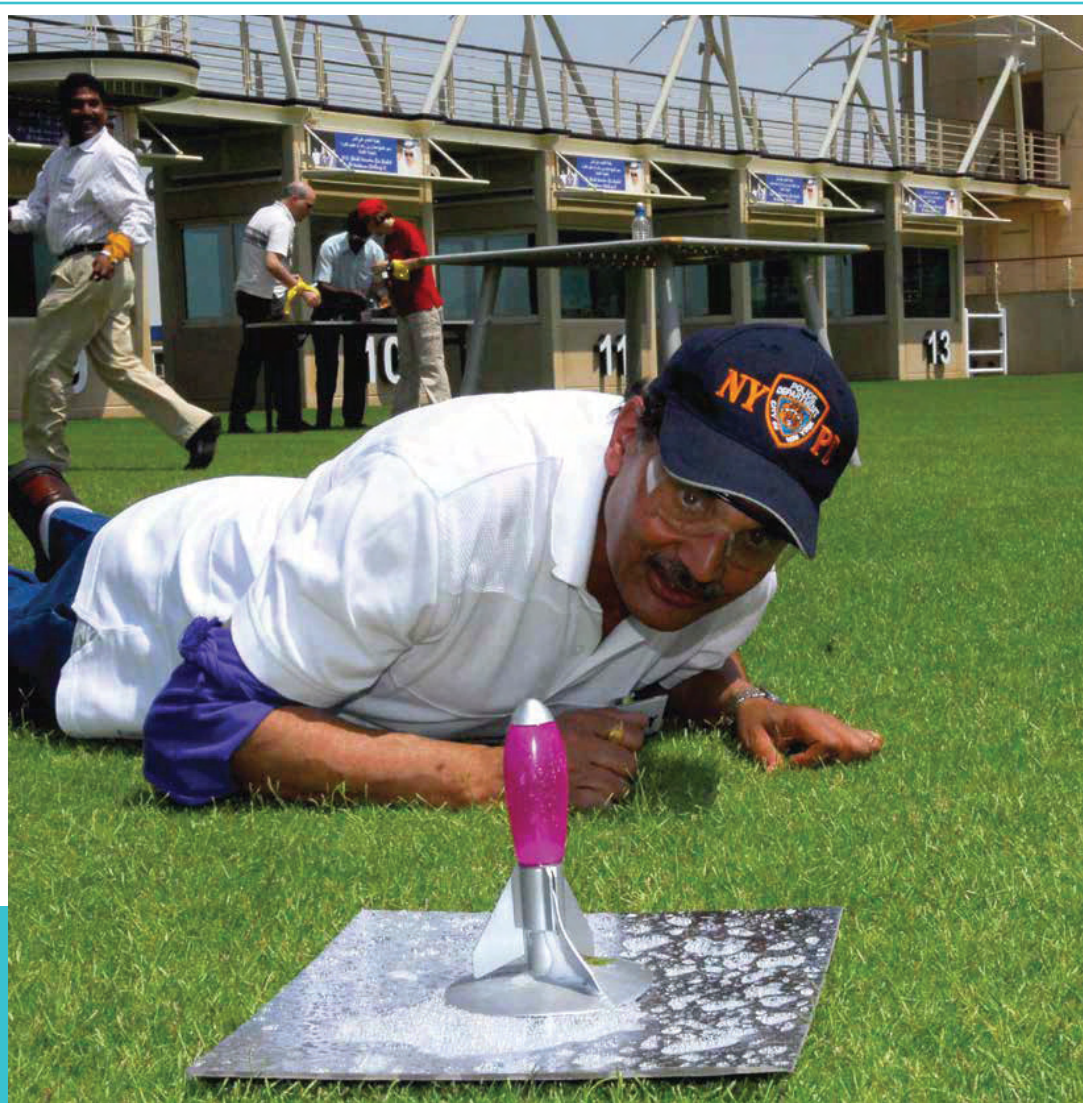
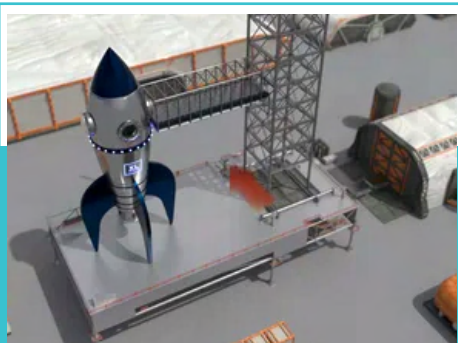


Indoor

GOAL

Convert your team’s activity into productivity, and maximise results!

MISSION TO MARS





USE MISSION TO MARS TO:

- Energise your team building or conference.
- Highlight effective communication/sharing of information.
- Stress the importance of perseverance and motivation.
- Emphasise the need to share best practice.
- Discuss the need for goal setting and achievement of goals.
- Inject a physical fun activity to your event.

Mission to Mars is an energising opening or closing to a conference. It focuses on the need for sharing information, achieving success and building team spirit. The mission is to build a prototype of a rocket and successfully launch it to Mars. Sub-teams compete to have the most launches whilst working to a deadline. Learning to apply best practice, resilience and agility are all elements required for success.

“Thank you for your flexibility and adaptability in planning our team building events for the managers and team members. Your ability to adjust the activities to fit our needs, really maximized the benefits. Your follow-up and manager support have greatly contributed to our team's workplace development.”

Karen Thorburn, Human Resources Director Kempinski Hotel, Mall of the Emirates



1+ Hours



12-100 Participants



Outdoor

CHALLENGE

NASA have launched 133 shuttles successfully... Can you and your team beat that?

CUSTOMISED BOARD GAME





USE A CUSTOM BOARD GAME TO:

- Engage in an innovative way.
- To embed or test knowledge and information.
- To open or close a conference.
- Energise the participants post lunch.
- Break up the monotony of continuous presentations, any time in the conference.
- Facilitate an on-boarding initiative, post-merger, or acquisition scenario.
- Build team unity at an away day or retreat.



Almost everyone loves to throw a dice and play. Out with the PowerPoint... in with the engagement and fun!

It is well known that activities like a gym workout releases 'feel good' endorphins - the same has been found for gamification and competitive activities in the learning setting. When endorphins are released in training, the learners not only have more fun during the process, but they retain more information. That's why gamification in learning is so beneficial, with this excitement and competition comes a boost in motivation which makes the experience more impactful and memorable.



Customised



10-100 Participants



Indoor, cabaret style



Failure will never overtake me if my determination to succeed is strong enough.

Og Mandino

BESPOKE





USE BESPOKE TO:

- Enhance engagement and interaction within the team.
- Collaborate and accomplish a common goal.
- Network and build relationships.
- Support Corporate Social Responsibility initiatives.
- Meet defined user needs within a given deadline.
- Encourage friendly inter-team competition.

After a quick briefing, teams of 6 to 8 are formed and armed with wrenches, screw drivers and some bicycle parts. They then work together to build a (real) children's bicycle that meets important criteria including safety and design.

Teams must race against the clock and be ready to unveil their creation which will be awarded to a deserving children's cause of your organisation's choice. How will they accomplish this task without any building instructions?

The time available for the event and your objectives will determine which activities your team completed in order to 'earn' essential bike parts and tools. The challenges can be complex or simple.



2 Hours



8 - 150 participants



Indoor or Outdoor
with modification



I can do things you cannot, you can do things I cannot; together we can do great things.

Mother Teresa

CULTURE CONNECT





USE CULTURE CONNECT TO:

- Reinforce cross-cultural awareness.
- Challenge assumptions in a multi-cultural environment.
- Enhance inclusion and promote empathy.
- Embed key messages and clear communication when inducting and onboarding new team members.
- Recognise the need to 'unlearn and relearn' when working in a new environment.

A concise, engaging and fun activity with real learning message.

Every culture, whether within an organisation or within a department, expresses itself through explicit and implicit rules that govern how we collaborate. This solution is designed to spotlight how teams navigate unfamiliar or 'foreign' rules that can often lead to confusion and distraction. By addressing these challenges, the importance of effective communication, inclusion, empathy, and cross-cultural awareness is emphasised, which strengthens team dynamics.



1-1 1/2 hours



12-500 participants

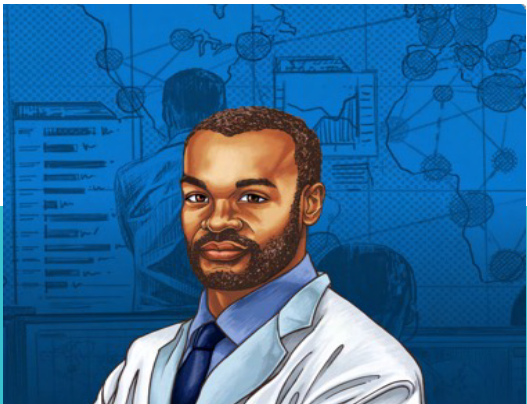
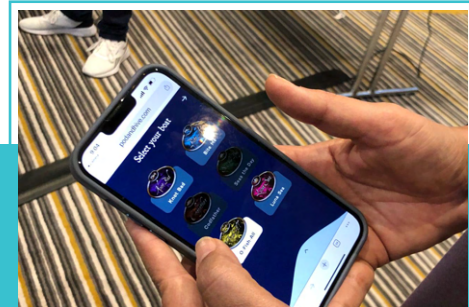


Indoor or outdoor
with modification



If we want to maintain the quality, the integrity, and the whole culture of our company, we've got to own it.
S. Truett Cathy, founder of Chick-fil-A

FIRST RESPONDER





USE FIRST RESPONDER TO:

- Practise making decisions under time pressure.
- Create learning around the pressure of urgent versus important priorities.
- Explore uncertainty and how to respond with agility when plans change.
- Reflect on the speed of problem solving in rapidly changing environments.
- Foster continuous collaboration.

This immersive simulation evaluates a team's ability to manage responses to complex evolving problems. The landscape is uneven, impacting some teams more than others, with challenges that are both volatile and constantly changing. Teams must navigate uncertainty and work under time pressure to achieve results.

Teams are required to input decisions to the digital platform using smart phones. The main screen tracks results and status providing real time updates. Participants need to work smart as well as hard to complete the mission. Highly engaging and intense, this will be both challenging and insightful with a full debrief to review the critical actions taken and the learning that emerged.



3-4 hours



12-500 participants



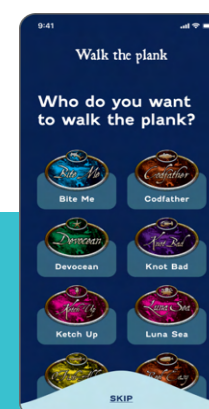
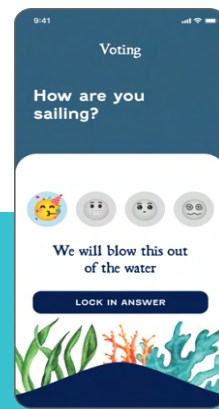
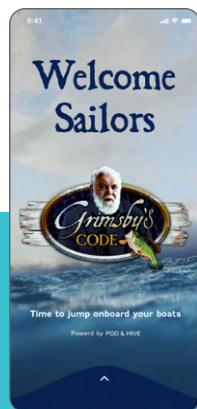
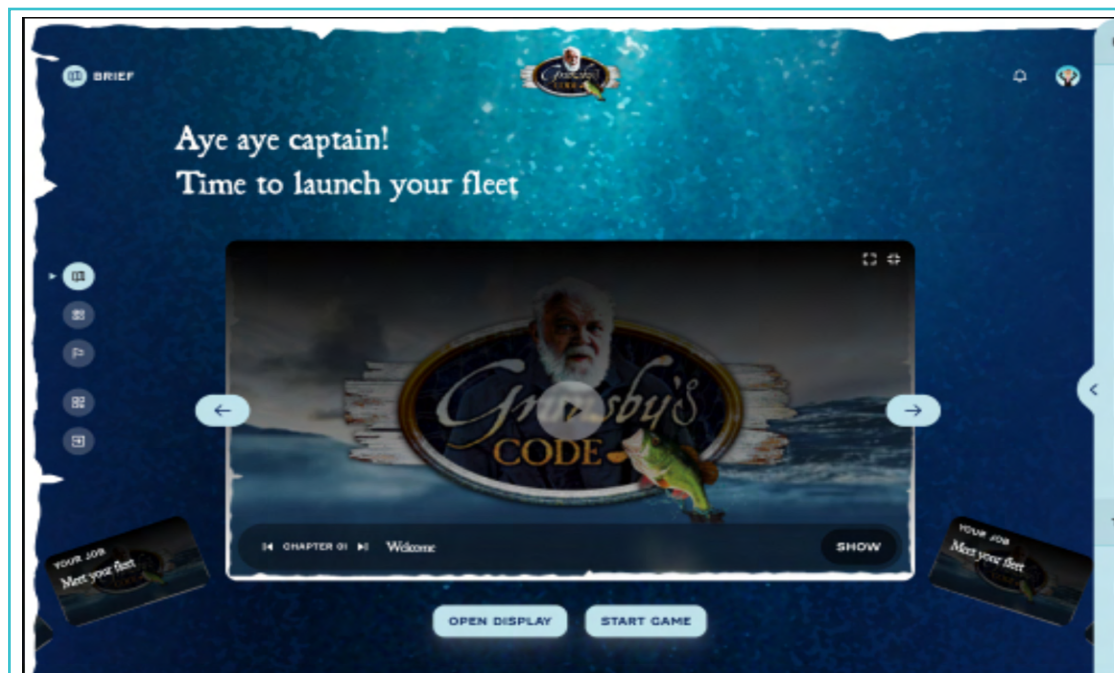
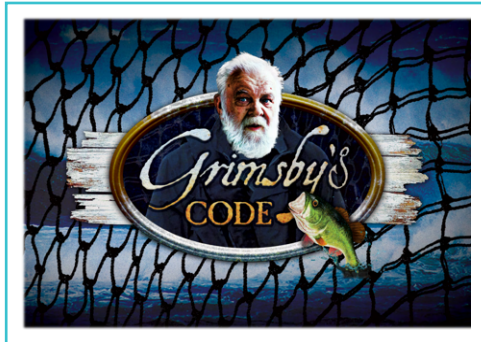
Indoor

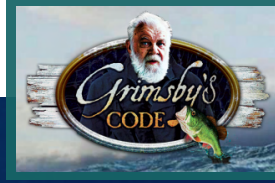


If you're not having fun, there's no passion. If there's no passion, there can be no success.

Peter Schutz, President and CEO of Porsche

GRIMSBY'S CODE





Black Pickerel

USE GRIMSBY'S CODE TO:

- Experience the tension of achieving demanding results while adhering to a code of behaviours ('getting tasks done' and 'getting along').
- Incorporate your company values and focus on behaviours that reflect them.
- Understand first-hand the benefits of working collaboratively, even when striving to meet individual goals.
- Look at the interplay between maximising results and collaborating.
- Reflect on how teams communicate and trust each other.
- Have a great deal of fun!



The stormy Berlugian sea is alive with fish. The sea is a marine conservation zone for most of the year, but for four short weeks each year, it is open to a select fleet of fishing boats to catch as much as possible, provided they adhere to a code of conduct.

Teams have a prized invitation to this year's season, and crews get ready to take on the challenge of 'Grimsby's Code'. To succeed, they must catch as many fish as they can and demonstrate how they lived by the code – 'Grimsby's Code'.

This is an engaging theme which delivers a combination of fun and learning.



3-4 hours



12-500 participants

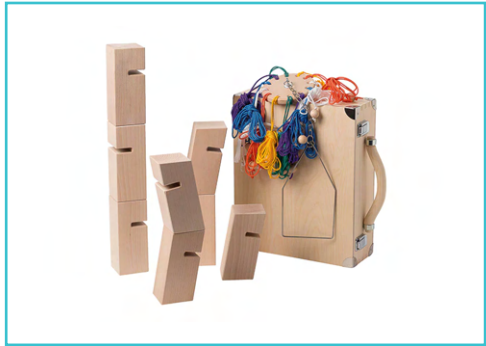


Indoor or outdoor
with modification



Goals produce results, not activities.
John McNeil, Chief Culture Officer of
Cancer Treatment Centers of America

PILLARS OF SUCCESS





USE PILLARS OF SUCCESS TO:

- Launch, spotlight, gain input or gamify new content such as values or competencies.
- Create a platform for collaborative discussions.
- Recognise inter-dependencies, maintain, balance, or synchronise actions to achieve organisational goals.
- Embed group problem solving and teamwork.
- Experience risk management, resilience and change.
- Give and receive feedback.

Pillars of Success is an activity designed to enhance essential business competencies, such as communication, problem-solving, collaboration, and team dynamics. Teams construct a tower using eight wooden pillars. The pillars can be customised if company values or competencies are the required focus.



1–2 hours



12–500 participants



Indoor or outdoor
with modification



Your company's culture and your company's brand are just really two sides of the same coin. Your culture is your brand.

Tony Hsieh, CEO of Zappos



Contact us:



www.protraining.net



+971 4346 8835



marketing@protraining.net



PROTRAINING Office 306, IFZA Towers,
Dubai Silicon Oasis, Dubai, UAE.