

# The Benefits of Team Building & Leadership Development

We work in partnership with our clients to ensure that our experiences are designed and aligned to meet the desired client outcomes. Broadly however, the benefits stemming from activity-based solutions are centred on the ability to provide the right conditions for learning and development to take place when workplace roles, titles, responsibilities and hierarchies are set aside.

When this happens, we make it possible for individuals to shine as themselves, increasing confidence, enthusiasm and insight. This eases communication, enabling individuals to develop their knowledge of themselves and others. The greater knowledge or familiarity allows for the development of trust and the continuation of a virtuous cycle enabling bonds to form.

Our experiences are carefully planned to quickly break down initial barriers and enable the development of positive people. Only then does it become possible to begin building high performing teams or developing progressive leaders.

The main benefits cited by our clients are:

- increased trust and respect
- using the experiential learning cycle
- enhanced communication
- sharing positive experiences
- applying personal comfort zones
- increased motivation levels
- greater objectivity
- sustainable confidence
- enhanced team development

- other outcomes include increased knowledge of strengths, competitive spirit, identification of resources, the value of concise communication, recognition and reward, effective planning, increased innovation, enhanced decision making, trust enhancement, common leadership challenges, skill-building & problem-solving

# Additional Benefits of the Outdoors

Whilst we are able to design and deliver interventions for indoor or outdoor team and leadership experiences, there are certain, additional, acknowledged benefits that arise by spending time in the natural environment:

- enhanced personal and social communication skills
- increased physical health
- enhanced mental and spiritual health
- enhanced spiritual, sensory, and aesthetic awareness
- the ability to assert personal control
- improved sense of well-being

Source: *Health, Well-Being and Open Space, Literature Review by Nina Morris, OPENspace Research Centre, (2003).*