CORPORATE TEAM BUILDING
GRAHAME ROBB ASSOCIATES LTD
Founded in 1989, Grahame Robb Associates Limited (GRA) specialises in learning and development programmes which release the potential of individuals, teams and organisations. We deliver innovative organisational and people development programmes to a range of clients across all industries, specialising in:

- Team Building
- Leadership Development
- Culture and Behaviour Change

We also have two purpose-built Outdoor Centres, one based within the grounds of the De Vere Wokefield Estate, Reading and another located at St George’s Park, The FA’s National Football Centre in Staffordshire. Both centres are designed specifically to support high impact, experiential learning and development. Our team of experienced facilitators create a memorable learning experience for teams in a fun, yet challenging, environment.

Furthermore, we have the capability to go mobile with many of our learning and development scenarios and team building challenges.

We are also a Level 2 UK Channel Partner for The Ken Blanchard Companies’ Situational Leadership® II training products, an accreditation centre for Belbin® Team Roles and an MBTI® certified practitioner.

To learn more visit: www.gra.uk.com/about-us
TEAM ACTIVITIES
Our purpose-built low ropes challenge courses offer all of the thrill and excitement of our high ropes courses, just a lot closer to the ground! Everyone must work effectively and efficiently as a team to traverse the course.

These activities are great for working on communication, strategic planning and sharing best practice, as everyone must work together to achieve an overall team goal.

Low ropes can be used as an introduction and warm up to the outdoors or as a stand-alone activity depending on time constraints, group dynamic and participant abilities.

Activities include:
- Criss Cross
- Mohawk Walk
- Challenge Course
- Low All Aboard

“This was the best executive management team event I have been on. It gave me lots of insights on where I, and the team, can improve.”

Stephen Bateman
CEO, Derbyshire Health United
For those who wish to push the boundaries of their comfort zone and feel the exhilaration of being up to 40ft above the ground, we have a diverse range of high ropes options to choose from. The activities all offer a great sense of personal achievement and provide opportunities to develop trust and team resilience.

You can experience the ultimate adrenaline rush with the freefall Powerfan, take on the challenge of climbing and abseiling our 40ft climbing walls or get your heart racing on our linear high ropes course, testing your nerves and balance.

The ultimate team experience is the Crate Stack Challenge - attempt to get your company’s name on our leader board by building the highest tower of crates in a set time.

Activities include:
- Indoor and Outdoor Climbing Walls
- Abseiling
- Catwalk
- Crate Stack Challenge
- Trapeze
- High All Aboard
- Powerfan
- Zip Wire
- Jacob’s Ladder
- Broken Bridges

“A GREAT TEAM BUILDING EXPERIENCE THAT ENCOURAGED US ALL TO WORK TOGETHER, BE CONSCIOUS OF OTHER PEOPLE’S SKILL SETS AND UNDERSTAND OUR INDIVIDUAL IMPACT ON A COMPANY.”

KYOCERA CORPORATION
June 2016
Archery is a very popular exercise for groups of all abilities. In a technology-driven world, this activity is steeped in tradition and draws out the ‘hunter gatherer’ nature in us all. Our qualified instructors will teach you the best techniques for improving throughout the session and achieving a consistent shot.

Whether you’re a complete beginner who wants to ‘have a go’ or more advanced, there are opportunities to build competence and confidence developing your skills, while having fun with your colleagues. This activity is ideal for multi-activity events, competitive team building or developing a coaching culture.

“GRA’S TEAM BUILDING CHALLENGES OPENED UP THE OPPORTUNITY FOR OUR PEOPLE TO WORK WITH OTHER COLLEAGUES THEY WOULDN’T NORMALLY INTERACT WITH. THE MIX OF INDOOR AND OUTDOOR ACTIVITIES MAINTAINED THE ENERGY LEVELS OF THE GROUP AND THE STAFF WERE AMAZING!”

ARTEX LIMITED
January 2017
We offer fantastic team challenges that enable groups to embrace their creative flair, develop innovative solutions and produce memorable results. Options include: a one-off orchestral performance on the Boomwhackers; creating new artwork for your brand on the Graffiti Wall; or completing our frenetic Wake-Up Challenge, where the team will be provided with a long list of fun and challenging tasks to be completed in a very short space of time.

These activities can be run indoors or outdoors and are perfect as a conference energiser or as pre- and post-dinner entertainment. They can also be used as a stand-alone event or as part of a multi-activity team building programme.

Activities include:

- Boomwhackers
- Corporate Structures
- Cake Decorating
- Golden Gate Bridge
- Graffiti Wall
- Wake-Up Challenge
- Photo Challenge
- Quiz Master

_“THE OUTDOOR LEADERSHIP CENTRE WAS A GREAT ADDITION TO THE THINGS WE WORKED ON IN TRAINING, SO IT’S CERTAINLY SOMETHING I WOULD DO AGAIN.”_ 

**steve mcnamara**

During his time as England Mens Rugby League Manager
Choose from a wide selection of fun and practical initiative tasks that focus on strategic planning and creative problem-solving.

These tasks are ideal for people of all abilities and offer the perfect alternative to the more physically demanding activities for anyone who prefers to challenge the mind.

Our initiative tasks can be a brilliant icebreaker to kick off your group event and encourage the team to think strategically ahead of other challenges or form part of a round robin of activities.

Activities include:

- Black Canister
- Grand Masters
- Lava Flow
- Spider’s Web
- Steeple Chase
- Tyres & Planks

“THE ACTIVITIES WERE FUN BUT ALSO ENGAGING AND GOT EVERYONE WORKING TOGETHER AS A TEAM WITH SOME KEY LEARNING POINTS WE CAN TAKE BACK INTO THE WORKPLACE!”

Phil McDonald
Category Manager - Operational Services, Tarmac
Bring your team out to our 2-acre woodland combat zone and experience the latest in laser gun technology. Laser combat is a fun, frenetic and pain-free competitive team challenge suitable for all ages as well as levels of fitness and ability!

Your troops will begin their experience with a full safety briefing to introduce them to the technology and rules. Once briefed, your team will be kitted up with full camouflage (including face paints for the diehards) and led to no man’s land where the battle will commence. The group will take part in up to five unique and exhilarating missions that require different strategies and strengths. So, whether you prefer a stealth or gung-ho approach, you’ll be able to contribute to your team’s success.

Our combat zone offers a variety of challenges and defences. Dive behind a parapet or slide up against a tree for protection, but watch out as the lasers can penetrate weak defences. At the end of each game, you’ll be able to tell exactly which of your rivals shot you, how many times and who fired the killer blow, so that you can seek revenge in the next battle.

"THE STAFF HAD THE ABILITY TO MAKE YOU FEEL LIKE YOU KNEW THEM IMMEDIATELY AND HAD A GREAT SENSE OF HUMOUR."

ROD HIPPERSON
Compliance Manager, One Stop
An innovative session that requires you to build a free-standing bridge with limited materials in a specific time-frame to produce the best, and most cost-effective, results. This task is great for building team relationships.

Each of these activities are perfectly placed to be run as a conference energiser, individual challenges or as part of a multi-activity team building programme. Our mobile prices include fully qualified staff to facilitate the event, all required kit and equipment, a pre-event site visit or conference call, insurance and logistics. Mileage is charged at 80p per mile.

GRAFITT WALL 1 HOUR
A fun challenge that requires the team to build a graffiti wall and then decorate it in designs that represent your brand values. This activity is perfect for reflecting on company values and key conference messages.

GOLDEN GATE BRIDGE 1 HOUR
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LEADERSHIP INITIATIVE EXERCISES 1 HOUR
We have a range of fun initiative tasks to challenge minds over muscles. We offer a mix of indoor and outdoor problems and puzzles to solve through collaboration and creative thinking.

Leadership Initiative Exercises | 1 hour
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Golden Gate Bridge | 1 hour
An innovative session that requires you to build a free-standing bridge with limited materials in the fastest possible time, using 15 planks. This activity will test any group’s ability to work together and refine processes to produce rapid results.

Laser Combat | 1 - 2 hours
Using the latest technology in laser combat, you will pit your wits against the other team in a test of skill and cunning. This activity is fantastic fun for all.

Archer | 1 hour
A precision session that will teach you the skills of a professional Bowman to achieve a consistent shot with accuracy. Perfect for competitive teams, coaching and personal skill development.

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MOBILE OFFERINGS
GRA is able to offer a wide range of mobile indoor and outdoor team building activities for corporate events and team days. If you already have a venue in mind or you’d like us to come to your offices, we can create a professional, fun and memorable team building package to meet your needs.

Our mobile team building activities include:

WAKE-UP CHALLENGE 1 - 1.5 HOURS
A frenetic session during which the team needs to use the strengths of each individual to achieve a series of tasks in a set period of time. A great, fast-paced challenge for everyone.

BOOMWHACKERS 30 MINUTES
An interactive session exploring different sounds and tones using simple percussion instruments to form an orchestra. This activity will have your whole group playing and singing in rhythm - a wonderful metaphor for teamwork.

BESPOKE PHOTO CHALLENGE 1 - 1.5 HOURS
A team-based competitive challenge that will take your group out across an area to recapture a series of photos with a ‘team’ twist. This activity is a real test of group collaboration.
We specialise in team building programmes proven to have a positive impact on delegates. Whether it’s learning new skills, overcoming personal challenges or improving team work or team spirit, we can tailor an event to provide you with the unique experience that you’re looking for. From small teams to multinational organisations planning a company away day, we’ll work with you to make your day memorable.

CONFERENCE ENERGISERS
If you’re looking for an icebreaker or to maintain energy levels and engagement at your team event, then why not take a break with one of our fun, participative group activities. We will suggest activities to meet your time constraints with sessions running from 30-80 minutes.

1 DAY TEAM BUILDING
Our 1 day team building programmes provide you with the opportunity to take part in a wide range of activities on offer at the centre. Feel the adrenaline rush of pushing the boundaries of your comfort zone and progressing through increasingly challenging activities to achieve new levels of performance or overcome obstacles you didn’t think possible. Alternatively, the team can choose from a menu of activities and participate in a round robin throughout the day. A competitive element can also be added to the event if required.

Example Programme:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>09:30</td>
<td>GRA Welcome and Health &amp; Safety Briefing</td>
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<tr>
<td>09:45</td>
<td>Icebreaker</td>
</tr>
<tr>
<td>10:00</td>
<td>Archery</td>
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<tr>
<td>11:00</td>
<td>Break</td>
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<tr>
<td>11:10</td>
<td>Low Ropes</td>
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<tr>
<td>12:10</td>
<td>Lunch</td>
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<tr>
<td>13:00</td>
<td>Ground Based Initiative Task</td>
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<tr>
<td>14:00</td>
<td>High Ropes</td>
</tr>
<tr>
<td>15:00</td>
<td>Break</td>
</tr>
<tr>
<td>15:10</td>
<td>Closing Collaborative Team Task</td>
</tr>
<tr>
<td>17:00</td>
<td>Finish</td>
</tr>
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HALF DAY TEAM BUILDING
Our ½ day team building programmes enable you to take on multiple activities from the options listed in this brochure. A variety of combinations are available to provide you with the best experience possible.

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These unique scenarios will highlight the importance of effective team working and challenge participants to 'test' themselves as well as focus on the importance of effective feedback. After each activity, there will be an in-depth review to reflect on leadership styles, successful completion of the task and how this applies back to the workplace.

Our trainers are accredited in many of the world’s leading leadership and team development theories including Situational Leadership® II, Belbin® Team Roles, MBTI®, Action-Centred Leadership™ and more. We can build these in to the programme and apply the classroom-based learning to outdoor scenarios which provide delegates with opportunities to practice skills away from the workplace and improve learning transfer.

“We needed to give our staff the opportunity to get to know each other better. In asking GRA to undertake the task, I knew we’d get creativity and purpose, but the laughter, courage, spontaneity and sheer sense of having fun together exceeded my hopes and made for a hugely successful event. I have nothing but positive feedback - a real testament to GRA.”

Tom Hall
Managing Director, Alitex
LOCATIONS

Our Outdoor Leadership Centre is located at St George’s Park, The FA’s National Football Centre in Staffordshire. Set in the National Forest, in 330 acres, the centre is the training base for the 24 England teams and features a 228 bedroom Hilton hotel.

Our Corporate Outdoor Learning Centre is situated within a 15-acre, mature oak woodland in the grounds of the De Vere Wokefield Estate, Reading. The Estate has over 300 bedrooms, plus a number of quality conference rooms and meeting facilities.

A number of our activities also have the capability to be taken mobile, to a location of your choice – whether that’s your own site or somewhere more practical for your requirements than the two facilities we own and operate.

For more information visit: www.gra.uk.com/outdoor-learning
Take a look inside with our 360° Virtual Tour: www.gra.uk.com/tour
For more information or to discuss your requirements please contact:

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