



## Power of Team Engagement – Course Outline

This off-site retreat is a chance to practice all they have learned! Teams will experience commitment, accountability, and vulnerability; all vital in a truly engaged team. This experience allows the team to experience the shifts between ineffective & effective communication, collaboration, leadership & strategic thinking, bringing clarity and understanding to how their behaviors may impact the overall success of their team.

### Learning Objectives:

In this workshop we highlight:

- Provide insight into how the team currently approaches tasks, works through problems and reacts to challenges and how this process can be improved back in the workplace
- Increase awareness around your personal strengths and areas for improvement
- Experience commitment, accountability and vulnerability; all vital in effective teamwork
- Expand your personal comfort zone and build confidence and ability in yourself as an individual, a leader and team player

### Learning Outcomes:

By the end of this session, participants will:

- Foster an atmosphere of respect, collaboration and teamwork among your employees.
- Engage in face-to-face interaction and practice effective communication, problem solving and leadership.
- Provide opportunities for all participants to practice both leading and following.
- Team members will experience success, accomplishment and failure and better understand how to celebrate, adapt and continue to move forward.
- Allow participants to set goals together, implement ideas and amend them, as necessary, to successfully achieve their objectives.
- Explore self-awareness around individual team members' unique strengths and skills they bring to their team.
- Develop a team-focused culture where employees feel part of a community rather than a group of individuals.

### Agenda:

#### Morning

- Opening Activity
- Introductions, Objectives & Agenda
- Norms Review & Discussion
- Ground Initiatives with Frontload & Reflection
  - Keypunch
  - Bull Ring
  - Zig Zag

#### Afternoon

- Energizer
- Team Challenge Initiatives with Frontload & Reflection
  - Team Beams
  - Fencers Feet
- Reflections & Action Items

## **Delivery Method:**

Our full-day program is delivered at an off-site outdoor location where participants are immersed in the concepts from start to finish. The activities are dynamic and interactive and focused on experiential learning methods so the team will leave the session better able to tackle their day to day workplace challenges both as individuals and as a team.

## **Assessment Methods:**

Participants are assessed on their attendance, participation and completion of all course components, including discussions, which are an integral part of the experience.

## **Module Hours & Duration:**

7 Hours over the course of 1 day

## **Total cost:**

5-9 participants	\$700 + GST pp
10-16 participants	\$525 + GST pp
17-19 participants	\$500 + GST pp
20-24 participants	\$450 + GST pp
25-27 participants	\$425 + GST pp
>27 participants	\$375 + GST pp

## **Facilitators:**

### **Tara-Lee Goerlitz, B.Comm**

#### **CEO & Lead Facilitator/Trainer - NexLevel Challenge Ltd.**

Tara-Lee is an Advanced Certified Associate for Emergenetics Canada & Certified Challenge Course Practitioner through ACCT. Tara-Lee's primary role is training & facilitating workshops and advising organizations on best practices to develop high performing & engaged teams. In this capacity, she helps organizations address challenges such as communication, change management, leadership development, fostering a culture of collaboration, alignment, trust, and developing dynamic teams.

Tara-Lee is an experienced professional learning leader and facilitator of team effectiveness & culture development and her 20 years of business experience and proven performance solutions have helped a variety of businesses maximize their potential and create performance breakthroughs.

Tara-Lee is a member of the Strategic Capability Network and the Women's Executive Network and is a mentor with U of C's Haskayne Mentorship Program.

### **Troy Fredeen**

#### **COO & Challenge Course Manager - NexLevel Challenge Ltd.**

Troy co-facilitates Team Training workshops and partners with organizations to embed the Team Training and productivity concepts into organizations.

With over 10 years' experience in banking, auditing and management, Troy understands the unique challenges faced by teams in the corporate world. With a passion for detail and with technical expertise, Troy manages all aspects of our Challenge Course. He is responsible for the equipment, training, ongoing course inspections and all local operating procedures.

Troy obtained his Agricultural Business Diploma in Finance from Olds College and over the past 15 years has furthered his education through the Athabasca and Dalhousie Universities to obtain his Fellow of the Credit Union Institute of Canada designation.

Troy holds his certification in American Red Cross Wilderness and Remote First Aid, CPR/AED for the Professional Rescuer and is professionally certified as a Level 2 Challenge Course Practitioner.