

MMM Training Solutions

Outbound Training



Contact Details

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## Outbound Training – Leadership and Team Building

### Objective of the Programme:

The outbound training program is aimed at helping participants understand critical elements of Leadership and Team Building.

During the training program participants will be assessed and trained in their strategic and creative thinking skills.

TRAINING TOPIC	SUB-TOPICS
<b>The Importance of Team-Work</b>	<ol style="list-style-type: none"> <li>1. Why work in teams?</li> <li>2. Stages of Team Development</li> <li>3. Team trust</li> </ol>
<b>Leadership</b>	<ol style="list-style-type: none"> <li>1. Leadership styles for each stage of team development</li> <li>2. Giving &amp; Receiving Feedback</li> <li>3. The 'art' of delegation</li> </ol>



Time	Activity	Duration
10.00 am	Assembly & Icebreaker	45 minutes
	Back to Back	45 minutes
	2 Person Trust Fall	45 minutes
	Egg Missile	90 minutes
	Leader's Walk	60 minutes
	Centipede Race	60 minutes
	Lunch	60 minutes
	2 Breaks	30 minutes
6.00 pm	Discussion and close of training	45 minutes
	Total Number of Hours	8 Hours

## Description of the Activities:

### I. Back to Back:

**Description:** Participants sit down in two's and lock elbows, back to back; the objective is for both members to get up without unlocking their elbows

**Training objective:** To help understand the following concepts:

- i. Inter-dependence
- ii. Communication
- iii. Strategy
- iv. Creativity

### II. Egg Missile

**Description:** Teams are given eggs and material. The objective is to throw the egg as far as possible without breaking it, using the material provided to wrap the egg.

**Training objective:** To help understand the following concepts:

- i. Strategy
- ii. Resource management



- iii. Time management
- iv. Conflict resolution
- v. Leadership
- vi. Planning
- vii. Decision-making skills

### III.2 Person Trust Fall

**Description:** Participants are supposed to free fall backwards and trust their partners to catch them and break their fall. Any movement of their legs or hands to save themselves result in disqualification and non-completion of the task.

**Training objective:** To help understand the following concepts:

- i. Importance of trust
- ii. Ways to develop trust
- iii. Strategy
- iv. Inter-dependence

### IV. Leader's Walk

**Description:** The team leader has to guide blindfolded team members from the start line to the finish line of an obstacle course, without physically touching them.

**Training objective:** To help understand the following concepts of Leadership:

- i. The importance of a leader having clear goals
- ii. How a leader should guide his team to work towards these goals
- iii. How a leader should motivate the team to deal with challenges



## V. Centipede Race

**Description:** All team members have their legs tied together at their ankles and they have to race with other teams.

**Training objective:** To help understand the following concepts:

- i. Trust
- ii. Co-ordination and Inter-dependence
- iii. Strategy
- iv. Planning
- v. Communication

**The teams' performances are judged based on the following parameters:**

1. Strategy and Creativity
2. Team Communication
3. Understanding of Roles and Delegation
4. Team Cohesion and Time Management
5. Management of Conflict

### **MMM's Strategy:**

- o Break the groups into teams. The size of the group will be dependant on the number of participants. This team composition will remain the same throughout the entire workshop.
- o Each team will be monitored by the same assigned trainer throughout. This will enable us to identify the each team's strengths, weaknesses and repeated patterns. This allows us to provide feedback tailored to the needs of each team.



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## Financials:

- Rates for the program will be dependant on the following:
  - The size of the group
  - The number of trainers needed
  - The location of the program
  - The duration of the program

### **This financials will include the following:**

1. The services of the trainers
2. The cost of materials required for the activities

### **What this rate does not include:**

1. Cost of transportation for the trainers to and from the training venue on the days of the program
  2. Cost of training venue, food, facilities, and transportation for the participants
- **Disclaimer to be given to participants with regards physical ailments like weak hearts, back problems, pregnancy etc.**