

Training Plan - One Day Program on Road to Success

Topic	Time	Training Methodology	Focus Areas	Activity
Introduction & Expectation Setting	9.30 am - 10.15am	Interaction	<ul style="list-style-type: none"> o Introductions o Setting Expectations o Motivational Video o Each team has to name them and prepare a jingle 	Video: Motivational Video
Magic Steps	10.15 am - 11.00am	Activity	<ul style="list-style-type: none"> o Problem Solving o Team Coordination o Helping and supporting each other o Team work 	Activity: Magic Steps
Tea Break: 11.00am - 11.15 am				
Boats and Trees	11:15am - 12:00 pm	Activity	<ul style="list-style-type: none"> o Set Realistic Goals o Strategise & Problems solving o Stretched goals 	Activity: Boats and Trees
Amoeba Race	12:00 pm - 1:00 pm	Activity	<ul style="list-style-type: none"> o Strategy o Team Coordination o How they react in challenging situation o How do they keep motivated as a team 	Activity: Amoeba Race
Lunch: 1.00 pm - 1.45 pm				
Line Up	1:45 pm - 2:15 pm	Activity	<ul style="list-style-type: none"> o Team work o Inter team communication and coordination 	Activity: Line Up
Joining of Team Members	2:15 pm to 3:00 pm	Activity	<ul style="list-style-type: none"> o Planning and Prioritization 	Activity: Joining of Team Members
Motivation and Self Belief	3:00 pm to 3:30 pm	Video	<ul style="list-style-type: none"> o Motivation and Self Belief 	Video: Kung fu Panda Video: Mugavari
Tea Break 3:30 pm to 3:45 pm				
Building the Tallest Tower	3:45 pm to 4:30 pm	Activity	<ul style="list-style-type: none"> o Team work o Planning o Coordination o Strategy 	Activity: Building Tallest Tower
Centipede Race	4:30 pm to 5:30 pm	Activity	<ul style="list-style-type: none"> o Coordination o Energy and Enthusiasm o Team Spirit and winning attitude 	Activity: Centipede Race
Wrap Up	5.30 pm - 5.45 pm	Interaction and Video	Summary and Wrap up	Activity: Video

