

Builds individual self confidence + improves relationships + develops teamwork



team synergy

**What's the big idea behind Team Synergy?
Isn't it actually three very different programs
under one umbrella?**



Yes. Team Synergy is actually a family of three fantastic programs — **iWork**, **weWork** and **teamWork** — that very effectively bring people together to build a stronger team. These programs have been carefully designed over 30 years to bring out the skills that companies want most in their associates. They allow you to achieve specific outcomes for your team AND to return again and again without repeating any activities between programs.

Synergy is the highest activity of life; it creates new untapped alternatives; it values and exploits the mental, emotional, and psychological differences between people.

What skills and insights does each of the three programs bring out in participants to help make them effective team members?

iWork focuses on developing individual self awareness and empowerment; **weWork** emphasizes interpersonal relationships by having participants work in **pairs** to examine how we connect to one another; and **teamWork** looks at group dynamics to help people become more effective working as part of a **team** with a shared common goal.



Great. Now, can you tell me about each program in more detail?

PROGRAM #1: **iWork**

While many of our Challenge Discovery programs emphasize the team (and this one does too), **iWork** has a focus on the individual team member and having them take a look at the way they “show up” in groups. The goal of **iWork** is to help participants become aware of their behaviors, make choices about which behaviors are most effective on the job, and apply these new skills in their lives and back at the office.

Questions typically asked during **iWork** are “What was your contribution to the group process?,” “Did you accomplish what you had hoped to?,” “What behavior do you want to change during the next activity?” and “What’s stopping you from . . .?”

PROGRAM #2: **weWork**

weWork emphasizes interpersonal relationships and how we work together. While participants work as part of a team, many of the activities pair them up to work through fun and thought provoking problem solving challenges.

This program addresses the issues of trust, feedback, honesty and listening to help participants better communicate with others. While a fear of failure often holds us back in life, success here breaks down those barriers and transforms groups and individuals into high performance teams and leaders.

Questions typically asked during **weWork** are “What was your contribution to the partnership?,” “What does it take to develop trust with one another?,” “How did you motivate one another?” and “What does it feel like when you’re really connected with your partner?”

PROGRAM #3: **teamWork**

While **iWork** is about the individual and **weWork** is about working in pairs, **teamWork** is all about getting your group to work as a cohesive and effective unit. All of the activities such as creative problem solving and conflict resolution events will be done in the team setting to shed light on how a group works together and the behaviors that help a team perform at a high level.

One of the goals of **teamWork** is to have participants take on a variety of roles in the activities to find their place on the team. The activities focus on dynamics within the team and identify behaviors that both lead to team success and detract from it.

Questions typically asked during **teamWork** are “How did it feel to be part of this team?,” “Which behaviors contributed most to the team’s success?,” “How did leadership emerge within this team?” and “What were the challenges of being part of this team?”

What are the activities like in the three Team Synergy programs?

Team Synergy uses fun and engaging activities that require team members to listen to one other, make decisions together and rely on each other to accomplish a variety of tasks. These experiences emphasize self esteem, problem solving, decision making, risk taking, creativity, conflict resolution, communication, leadership, trust and change management – all powerful lessons they can apply to their interpersonal dynamics back in the workplace.

Team Synergy is:

- **Experienced.** Team Synergy is from Challenge Discovery, a leading company with more than 30 years of teambuilding experience.
- **Effective.** Top corporations return to us regularly because Team Synergy delivers results.
- **Professional.** All programs are run by personable and highly trained professional facilitators.
- **Inclusive.** Everyone participates and contributes at their own comfort level.
- **Flexible.** Available in 4, 5 or 7 hour formats. It can also be customized to meet your specific goals for your team.

“In one word, GREAT! Everything was planned and executed perfectly. Will definitely recommend to our upper management to continue using Challenge Discovery as a resource in our leadership development program.”

—Ramin Sabet, U. S. Army Corp of Engineers

Why is Team Synergy a better value than other types of teambuilding exercises for my group?

There's a big difference between Team Synergy and activities like paintball or go-karting, for instance. While those activities are certainly fun, a day with Challenge Discovery provides lasting value. It's fun, engaging and thought provoking, and yields a learning experience that improves communication and builds stronger teams. That's a far better return on your investment.

Where does Team Synergy take place?

It takes place at the Challenge Discovery Adventure Learning Center near Kings Dominion in Doswell, Virginia. If you can't come to us, we can bring Team Synergy to you through our mobile teambuilding division, Signature Teambuilding, www.signatureteambuilding.com.

“It was such an awesome experience with teambuilding and bonding – everything we were looking for. The group was semi-random as to who decided to attend, so it was cool to see how well we worked together in spite of that.”

—Alexandra Rooke

What's the ideal way to have my group experience Team Synergy?

Your group can do the three programs in Team Synergy in any order. The important thing is that they all connect to one another and each has a unique focus in helping create positive change, increase productivity, enhance teamwork skills and align peoples' focus with the strategic goals of their organizations.

Do activities overlap in iWork , weWork and teamWork ?

Absolutely not. There are no repeat activities in the programs. Each is a brand new learning experience.

Can you design a customized Team Synergy program for my group?

Absolutely. If you like, our Signature Teambuilding division can design a program that mixes lessons and activities about individual, paired and team dynamics to achieve your goals, www.signatureteambuilding.com. Remember, if you can't come to us we can bring Team Synergy to you! In fact, we deliver programs worldwide!

"I have heard nothing but compliments about our program, your facilities, and our facilitator. He was very well organized and prepared to work with us on exactly what we needed. Thanks again for an excellent experience."

—Kris Morelli, VP of Information Technology, Dominion Credit Team

How long do the programs last?*

Your group can participate in a 4 hour or 7 hour program. The 7 hour session includes time for breakfast or lunch. For an additional charge, Challenge Discovery can provide breakfast (\$10 per person) or lunch (\$15 per person). See our information on additional amenities.

**Programs also available in partial-day (2-4 hours) format at most any location indoors or out. Call for special pricing.*

What happens if it rains?

Challenge Discovery programs are run in all kinds of weather, from 25 degrees to 105 degrees, rain or shine! It is always advisable to bring rain gear and an extra jacket even if you don't think you'll need it. In general, wear loose, comfortable clothing that can get a little dirty, dress in layers and do not wear open-toed shoes or sandals.

What should the members of my team bring with them?

Nothing, really. They should be sure to dress comfortably, though, to get the most out of their day. We will provide all the necessary information and forms to be shared with your team members so they can best prepare for the experience.

What does Team Synergy cost?

\$95 per person for the 4 hour program
\$175 per person for the 7 hour program

What program upgrades can I purchase to make our day even better?

Breakfast\$10 per person
Lunch\$15 per person
T-shirt with Challenge Discovery logo ...\$15 per person
T-shirt with your company's logo\$20 per person
Bandana with Challenge Discovery logo ..\$5 per person
Bandana with your company's logo\$8 per person
Snacks\$5 per person (available throughout the day)
Bottled water\$3 per person (available throughout the day)
Additional program time\$150 per hour
Photos\$200 per day *(includes photo disk given to you immediately following the program)*
Zip Line\$10 per person
Full Circle Drumming Session\$10 per person
Small Groups (of 10-12)\$5 per person

*"A heartfelt thank you. We have been grinning and congratulating ourselves daily!
We're your biggest fans, and you should expect to see more UR folks in the future –
if our talking about it has any impact!"*

—Jere Mollen, University of Richmond

Take the next step!

Learn more about Challenge Discovery

at www.challengediscovery.com.

Get answers to your questions

by downloading our downloadable pdfs and Frequently Asked Questions.

Schedule your Challenge Discovery program

by calling 877-337-TEAM (8326) today!



**team
synergy**