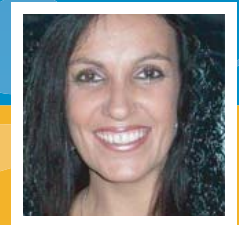
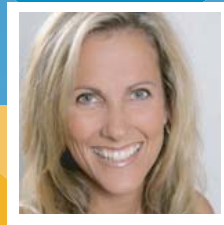
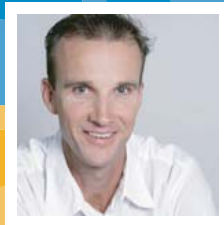


FITNESS ADVENTURE MOTIVATION EDUCATION

TEAMBUILDING PROGRAM



CORPORATE
F.A.M.E
AUSTRALIA

corporatefame.com.au

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INTRODUCTION TO TEAMBUILDING

BUILDING A GREAT TEAM SHARES SIMILAR CHARACTERISTICS TO BUILDING A HOUSE. YOU NEED A DETAILED PLAN, A STRONG FOUNDATION AND A SOLID FRAMEWORK.

Corporate F.A.M.E Australia has been in Team Building and Corporate Health and Fitness industries since 1996. Over the years we have developed & implemented programs for a vast and impressive portfolio of corporate companies in Australia, Asia and USA.

In our pursuit to offer a complete diversity of team building programs we have combined the four cornerstones of our business Fitness, Adventure, Motivation and Education to bring together a truly unique team building experience. The choices are endless, your program can incorporate a part of all four elements or just focus on one whilst through it all achieving team based objectives and having lots of fun.

We work with you from the planning phase through to delivery of organisation specific team building or health & fitness programs throughout all resorts and conference centres spanning from the Gold Coast, Sunshine Coast, Fraser Coast and as far north as the Capricorn Coast.



LAURALEE BERRILL B. Ex Sc; JP Qualified; Personal Trainer
Program Co-ordinator

Lauralee started within the Adventure Education Industry over a decade ago. Over the years she has developed and implemented Corporate and Youth Team Development programs in Australia, Asia and USA. Her key skills include development of health and well being programs for both individual and corporate groups.



ROB SHANKS
Program Manager from Team Building Heaven

Often requested by our repeat clients, Robbie is a pocket rocket. With over 12 years experience in the Corporate Teambuilding industry, he offers a wealth of energy and ideas to make any event the best ever! Qualified as a coach in most outdoor pursuits; archery, volleyball, canoeing, rockclimbing etc. Also a Ju Jitsu master he works well at keeping everyone under control... in a nice way of course!



VALISSA BAUER Ba. Education
Program Co-ordinator

As a professional, Valissa is known for her excellence in attention to detail so rest assured your event will be well taken care of when she is on the job. She has been a teacher for the past decade, development officer for educational systems and employee workshop facilitator. If its attention to detail that you need... look no further, Valissa is the best in the business.

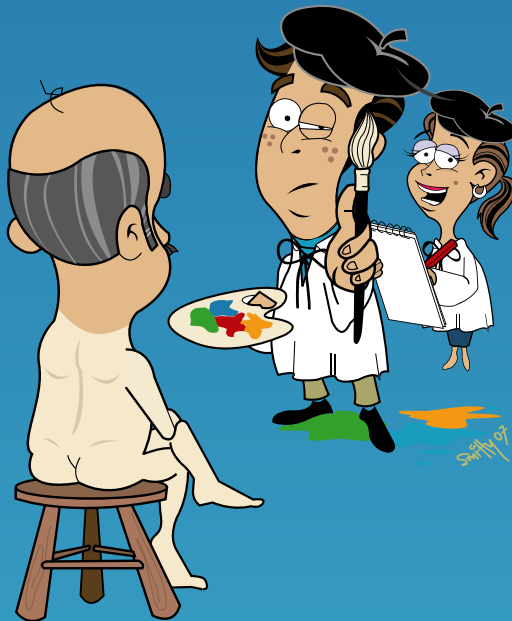
TEAMBUILDING ACTIVITIES





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THE FAME-OUS AMAZING RACE

YOU'VE SEEN IT ON TV, THE CHALLENGES, THE ADVENTURE, THE DRAMA, THE EXCITEMENT. NOW YOU AND YOUR TEAM CAN HAVE YOUR OWN AMAZING RACE EXPERIENCE BY PARTICIPATING IN ONE OF OUR VERSIONS OF THIS EXCITING CONCEPT.

WHAT IS IT?

As far as Teambuilding Programs go, what could be more effective in developing and enhancing rapport. Picture yourself as part of a team, poised to compete against the other elite crews within your organisation. Who knows where you may be going or what challenges you may encounter, but you're ready for action. You may find yourself abseiling down a cliff, paddling up a river, catching a ferry, or riding a mountain bike through the rainforest, all in order to make it to the next check-point.

HOW DOES IT WORK?

Our versions of the Amazing Race are designed as a half or full day experience, sometimes with a race briefing/strategy session held the day before. You don't need to be an Olympic athlete or an experienced multi-sport competitor, just a little adventurous and have a willingness to work with others. Amazing Race programs can also be designed so that all teams are working collaboratively.

ARE YOU AND YOUR TEAM UP FOR THE CHALLENGE?

Alternatively, groups may like to try the AMAZING RACE concept without the emphasis on Teambuilding. Activities can be interchanged to focus more on the fun and the challenge of the competition.



DJEMBE DRUMS

‘CORPESTRA’

DJEMBE DRUM ‘CORPESTRA’ IS A PARTY OF DRUMMING & RHYTHM DESIGNED BY QUALIFIED FACILITATORS TO BRING LAUGHTER AND FUN WITH NEW SENSE OF UNITY, MOTIVATION, ACHIEVEMENT AND FRESH ENERGY.

WHAT IS IT?

Fun teambuilding workshop designed to bring unity, a new sense of achievement, working together for common goals, laughter, and loads of fun.

HOW DOES IT WORK?

Everyone will have an authentic African drum, and items of percussion to play for the duration of the session. Our facilitators will present some group singing and hand and finger warm-ups, and then proceed to demonstrate and teach rhythm for melodic pulses that occur in African and Latin music, moving from calming mantra tempo into exciting dance rhythms.

Our goal will be to have a great drumming performance played by the “team” as an orchestral presentation.



CORPOR-ART

CULTURE WORKSHOP

CORPORART CULTURE WORKSHOP IS A FUN AND CREATIVE EXPERIENCE FOR CONFERENCE ENTERTAINMENT, TEAM BUILDING AND MAKING A GOOD OL' FASHION MESS!!

What is it?

A F.A.M.E facilitator will meet with the group organizer/client pre-program to gain a clear understanding of the corporate culture and objectives.

How does it work?

Based on the group, time, budget and intended future use, the general 'flavour' of the CorporART Culture Workshop is designed.

After all the preliminaries it's time for Van Gogh to stand aside and let the group talent surface as the creative juices flow!

Feel free to do some 'free stylin' with paint splatters hurled at the canvas... this, I believe, is known as 'abstract'.

The workshop is overflowing with entertainment that draws on every team members strengths, everyone contributes with: brainstorming, visualizing, drawing and painting. CorporART can take from 1 hour to 1 day.



BEACH OLYMPICS

SAND, SEA & SILLYNESS

DESIGNED WITH 'FUN' IN MIND, THIS PROGRAM IS SURE TO BRING HOURS OF HYSTERIA AS WE CREATE A CIRCUS STYLE BEACH OLYMPICS.

WHAT IS IT?

We give you the fabulous clubbie relay, holey bin, trench & castle, crazy volleyball, beach scrabble and more! After some intense competition, the sand-filled land lubbers will build their very own sand sculpture complete with technical genius and a sales spiel to sell off their team sculpture to the F.A.M.E judges...may the best sculptor win.

HOW DOES IT WORK?

Pretty simple really! With lots of sand, sun & fun teams are in competition with an opposing team at each beach activity on a rotational set of rounds.



RADICAL RAFT REGATTA

FROM THE VERY START, IT'S EXCITING, HIGH ENERGY, CREATIVE BRAINSTORMING & TEAM BUILDING HILARITY AT ITS BEST.

WHAT IS IT?

Beginning with the initial raft-constructing phase to the final Race Heats (and everything in between), it's "Wet and Radical" sailing. The land – lubbers are given a raft building kit in preparation for the journey of sailing uncharted waters. All members of each crew must coordinate their efforts in order to complete the task at hand.

HOW DOES IT WORK?

The mission is to brainstorm together creating and building, within a set time by your Regatta Master, a strong water worthy raft. You must have confidence in your raft to get you through these 'new waters'. The raft must be capable of carrying 4 crew members through the wild waters, around the figure 8 obstacle course in a paddle to paddle/head to head series of races.

This event is highly adaptable and can be tailored for team effectiveness, diversity and team roles, cross-functional working, interdependence, communication and building confidence in a product, self abilities and the team abilities.



SPOT THE CELEBRITY SCAVENGER HUNT

TEAMS MUST COMMUNICATE WELL, UNDERSTAND EACH OTHER'S STRENGTHS AND MAKE GOOD DECISIONS ABOUT THE ALLOCATION OF THEIR HUMAN RESOURCES.

Ever wondered what life is like as a red carpet celebrity? Here's your chance to get all the 'red carpet' attention you've ever wanted! Armed with your hunt bag of goodies (map, camera, instructions etc.) your team will embark on a scavenger hunt like no other. Posing, singing, and dancing with strangers, bribing your way to celebrity stardom and collecting outrageous items. Imagine your team faced with some of the following:

***EXAMPLES:** Scavenger Hunts are broken down into 4 categories: pictures, puzzles, challenges and item collection.

1. Collect an unusual, clever or creative piece of celebrity memorabilia.
2. Take a picture of your most 'Rambo look – alike' team member, joined with someone you've never met, doing the commando crawl through a dense, dangerous jungle... stealth mode!
3. Have 4 of your team members perform the ABBA classic "Mumma Mia", in the busiest location available, for a minimum of 5 minutes.

* Taken from 'Spot the Celebrity' Scavenger Hunt

PIRATES

PUZZLE & HUNT

STEP LIVELY MATEY - THERE BE PIRATES AFOOT!

With just a bit of sweat and ingenuity, treasure hunts can be adapted for a more "practical," bottom-line, purpose: that of helping organisations build High Performance Work Teams.

WHAT IS IT?

Meet the infamous Captain Rough beard as he and his crew bursts into your meeting room and takes the company General Manager as his hostage! Hoist the Jolly Roger and begin the adventure!

HOW DOES IT WORK?

The hunt is on; where will the hostage be found? Divided into sub-groups, Rough beards crew will arm each team with an old map and mysterious clues, to search for their boss and Rough beards Chest. Teams must decode each clue, navigate to its destination and solve the puzzle found at the site. Correct answers gain victory points for the team while incorrect answers just waste everyone's time (just like at work).

Hosted by F.A.M.E staff, The Hunt for the boss and Rough beards Treasure chest has a total treasure hunting and pirate theme throughout. The winning team will be the first to reach their beloved GM before Rough beard can say ... off with his head! Not only could you get a pay rise, your team will also take ownership of the contents of Rough beards treasure chest.

*Treasure for all! Conference coordinators are asked to provide the contents of Rough beards treasure chest. Eg: wine, chocolates, movie tickets, company gear etc



ABSEILING

WHETHER YOU'RE AN ABSOLUTE NOVICE OR A MORE EXPERIENCED ABSEILER WE'LL HAVE AN ADVENTURE THAT'S JUST PERFECT FOR YOU.

WHAT IS IT?

From the moment you step over the cliff edge, your adrenaline hits a high. Experience feelings of euphoria as the awesome mountainside towers over you and your instructor skillfully guides your every move as you conquer the 30 – 100 metre high cliffs. Perhaps a Mission Impossible approach is more your style? Some of our locations can offer you just the thing... leap off the side of a building!

Whatever, wherever, with abseiling it is inevitable that your colleagues will support, encourage and motivate one another as they step out of the 'comfort zone'. After a day of abseiling you will have been fully engaged in a process that will stretch your perception of what is possible for yourself and your company.



TRIPLE THRILL

ABSEILING, MOUNTAIN BIKING & OCEANRIDING

HANG ONTO YOUR HATS! ITS A WHITEKNUCKLE ADVENTURE

Early morning abseil off Mt Tinbeerwah's 35 -100m sheer cliff face, then hold onto your handlebars as the team take you for an adrenaline pumping downhill, forest terrain, mountain bike (there are tracks for the faint hearted).

Once we reach the bottom you'll be ready for a 'good feed' on a traditional Noosa style gourmet morning tea. After the tummy's full and energy is restored we'll have a nice flat pedal out to the Noosa River where we'll meet the Oceanrider. The team go cruising out through the Noosa Bar into Laguna Bay to get some adrenaline pumping ... wave jumping is this boat's specialty!

The ride takes us on a thrilling tour around Noosa National Park and Headland to Sunshine Beach with a couple of stops along the way to rest the legs and point out places of interest.

Back through the Noosa Bar we enter the calm waters of the Noosa River. You'll get to view some of Noosa best real estate on our way up to the drop off point where we bring closure to than AWE-SOME day



TWO PEAKS

MT TINBEERWAH & MT COOROORA

CLIMB EVERY MOUNTAIN!

‘Two Peaks’ is a teambuilding program involving a self directed expedition from the top of Mt Tinbeerwah (near Noosa) to the top of Mt Cooroora (near Pomona).

In order to get from the top of one mountain to the other, participants will be required to navigate their way along the most suitable route, utilising various modes of transport (canoe, mountain bike, drive, hike). All necessary information and equipment is supplied, and a facilitator accompanies each team throughout the duration of the event.

A support vehicle is on stand-by will and used for a short transfer towards the end of the event. Upon request, morning tea, lunch & afternoon tea can be supplied!

BUILDING HOPE

TEAM BUILDING EVENT



Happiness.Opportunity.Peace.Enjoyment

“It is in giving that we receive... if we want to have joy, we must first give it away!”

“In creating happiness for others, we create true happiness for ourselves.”

Our Building HOPE Teambuilding Events are uniquely different. Not only are they a great catalyst for creating fantastic team dynamics within a shared group experience, they’re also events that make an incredible impact in the lives of those less fortunate than ourselves. Psychologists believe one of greatest human needs is to be able to help or benefit others. Through our Building HOPE Teambuilding events, participants get to do just that.

Our Building HOPE events engage groups by giving them the task of assembling various items that are later to be given away to people in need. Items can range from children’s bicycles and playground equipment, through to general household furniture. The aim of assembling the items for them to be given away can be announced on commencement of the event, or it can be kept as a surprise and revealed at program’s end. During the event, participants form small working groups to complete the various tasks required.

Tasks normally include (1) Assembly of Items; (2) Creation of Gift Cards & Packs; (3) Sales/Marketing Campaign (creation of advertisement acted out by designated working group); (4) Preparation & Delivery of ‘Hand-Over’ Ceremony.

The event culminates in the very moving experience of ‘Hand-Over’. In a special ceremony, items are presented direct to recipients, or representatives of selected charitable organizations. It’s what takes place during this part of the event that brings real HOPE to both participants and recipients alike that lasts well beyond the day of the program. A powerful and fulfilling experience for all involved!



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AUSTRALIA



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PO Box 1629 Noosaville DC QLD 4567 AUSTRALIA

Corporate F.A.M.E Australia are specialists in team building programs with a difference.
Gold Coast, Sunshine Coast & Fraser Coast areas. Upon request we can adapt our programs to work with
Sydney, Melbourne & Cairns surrounding areas.

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