

# Adventure Programs

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## The 'Board Meeting'

Imagine this: you and your colleagues having a 'board meeting', a day at the beach, surfing and basking in the QLD sunshine. A Learn to Surf class offers outdoor team building that is certain to motivate and inspire your staff. A session in the surf will assist your business in all levels of organisational team building. Upon completion of your surf session we conduct a debrief that draws upon a strong correlation between the surf experience and the workplace. Not unlike the workplace, surfing involves working together in groups set in a dynamic and demanding environment, with constantly changing forces requiring team members to think and act fast. Your team will be led through an awesome surf experience.

## Abseiling

Whether you're an absolute novice or a more experienced abseiler we'll have an adventure that's just perfect for you.

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.

## Mountain Biking

Here's a program that's sure to inject real excitement into your staff! A mountain biking day or trip with us will leave your team feeling energised and motivated to tackle the long conference hours. Your biking trip is individually planned to meet your specific requirements, whether you need a nice flat scenic ride or an adrenaline pumping downhill cross country; we can do it! Rest assured, this program has all the necessary stuff: expert mountain bike guides, mountain bikes and relevant equipment.