

Team Challenges - Team Challenges - Team Challenges - Team Challenges



Developing People and Growing Companies

"The challenge for every organisation is to build a feeling of oneness, of interdependence on one another ... because the question is usually not how well each person works, but how well they work together." Vince Lombardi.

Do you want effective teamwork?

We believe that you should enjoy learning. Hence we have designed fun team building activities for team development.

Choose from our wide range of team building activities. We can arrange for teams to compete against each other or try them out at their leisure.

Most of our activities can be undertaken by 'office fit' people and you do not need any particular skill or ability, but please come prepared to enjoy yourself.

This booklet gives details of our team building activities. We will adapt the duration and content of each event to meet your objectives.



"I just wanted to drop you a line to say a BIG thank you for a wonderful day, professionally organised by yourself and your staff. All members of staff enjoyed the day and found it very rewarding."
J. Coglan - ELSBC

Team Challenges is a series of exercises where teams compete against each other like an 'It's a Knockout' competition.

It is a fun way to develop creativity, time management, communication and effective teamwork.

The emphasis is on success through planning, team co-operation, excellent communication and negotiation.

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Here is a selection of our team challenges used on our outdoor and indoor team events.

The Blocks

The task is to see how high a team can stack the blocks on top of each other; using only the equipment provided.

Each block is cut at a different angle so the need for planning, effective communication and all participants to work together is essential!



The Display Shelf

Teams have 14 pieces of shelving with groves cut in various places which enable them to fit together and make up a display shelf.

They have up to 60 minutes to develop a method of assembly that can produce a finished display shelf in less than 30 seconds.

Teams find it very difficult, but through planning and effective teamwork it has been done in 15 seconds!



The Magic Canes

Teams need to work together and carefully manoeuvre the canes which can mysteriously move as they try to achieve their task!

"Great chance to get to see and know people and discover their different skills, talents, etc. A fab few days, really got to know and spend quality time with all."

R Cahill - Smith & Nephew



"Having spoken to a number of people I have had very positive feedback from everybody. They all thought that this was a fun way of meeting our objective of team building."

Joe Carey – Department for Transport

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"We have used Elite Training in the past for a smaller event and had a good experience with them so we were more than happy to choose them again for the larger event held this year. We found Elite, on the previous event and this event, to be very organised from the initial booking to arrival on the day. They supplied enough staff and equipment to ensure all tasks ran smoothly and the day was enjoyed by all with appreciation being shown from our Finance Director who was the owner of this specific Away Day." S. Ford National Air Traffic services

The Band

Can the team members rely on each other?
Many people find it is difficult to let go.

This challenge helps to achieve this by getting everyone supported by the Band. Then requiring one person to change position by running and letting themselves fall into the material.

Soon two people will feel confident to change places, until all the team are changing places.



Bridging the Bridge

The challenge is to build a bridge that spans the road, but all the team have available are a number of wooden sticks.

No other material is allowed to join the sticks together, so how do they achieve it?

There is a simple answer, which we haven't shown here - but efficient teams will find it.



The Bomb

Tension mounts as team members try to defuse a bomb.

With too many instructions for an individual to remember, how are they going to manage?

Effective teamwork and good communication skills are put to the test!



"We all had a great time and thoroughly enjoyed working with you and your team of facilitators." F. Rahaman - Bechtel

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The Centipede

Team members need to work together to be successful. They soon discover that 'more haste means less speed.'

"Very enjoyable day, making good practical use of learning concepts for the team building."

D. Meek - Essex Country Council



Out of Reach

A valuable item is down the bottom of a pipe and out of reach - yet it must be recovered!

Creativity and teamwork are essential to achieve this.



Aerial Runway

Great fun, but not easy. Teams have to construct a device to get their 'valuable items' to their colleagues on the other side of a ravine.



"Since the team has got back to the workplace it has been noticeable how more at ease members are with each other. When problems occur individuals are more willing to support each other because of the 'bonding' that has gone on at the team building exercise. This in turn helps the organisation as a whole grow and become more effective. Thus the expenditure spent on such an exercise like this is soon repaid in dividends."

S. Seymour - The Ministry of Defence

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Plumbers Nightmare

A valuable crystal has fallen to the bottom of a pipe. The only way to retrieve it is to fill the pipe with water so it floats to the top.

The task is further complicated by some leaks!



"Much better than most team building events I have experienced. This was fun, challenging, competitive."

G. Mullender - GlaxoSmithKline



Air Traffic Control

Several aircraft are in a holding pattern waiting to land on an Airport. Unfortunately the flight controllers' computer is malfunctioning; the aircraft have been given false information and they are blocking each other's access to their respective runways.

The team's job is to rearrange the planes to facilitate the landing process.



Colour Shapes

There are 30 cards with 6 different shapes repeated in 5 different colours; but 2 cards are missing. The cards are distributed amongst the team and they have to identify the shape and colour of the 2 missing cards.

Team members can talk to each other but they cannot look at each others cards.

Good communication is essential!



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The Minefield

Stepping into the unknown is necessary for any team to grow and move ahead; but how will your team perform?

- Will they take risks?
- Do they learn from their mistakes

This exercise covers all these areas and more when they try to cross a Minefield area. It is easy to begin with but it soon gets exciting as their options get restricted and time is running out.



The Lift

A container has to be removed from an area inaccessible to the team.

Teams will find it difficult to pull and laugh at the same time!

"Excellent course - encouraging team building - giving everybody a chance to participate. Very well run, it was an excellent day."

J. Bass - BT



Stream Crossing

Teams must find a way of getting some 'valuable items' across an area without damaging them.

We will reveal what the 'valuable items' are on the day. Teams soon learn that these (like their customers) need handling with care!



The Discs

Good planning, quick thinking, time management and teamwork are essential for this challenge.

"To be honest, I wasn't over keen on doing this but I really enjoyed it and it did tell me or reinforce things about myself."

It was also good to get to know other people from the company." S. Asplin - Archant



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Roller Coaster Ball

Building a device to allow a ball to travel all the way down may sound simple, but it is far from easy.

Like any business there are constraints to overcome and only teams that come up with many ideas; discuss them; then plan and work as a team will be successful.



The Web

The team has to get their members through different parts of the web without touching it.

“Very Enjoyable. Non stop activity.”
N. Woodward - GlaxoSmithKline



Team Shapes

Imagine being given lots of jigsaw pieces without a picture of the completed pieces; how would you assemble the pieces correctly?

This challenge is similar, but the team have different shapes rather than a jigsaw. The shapes do match up if each team member describes their shapes and others carefully listen.

When they believe they have solved it, they have 30 seconds to assemble the cards in the correct order.



Thanks very much for the day, everyone really enjoyed it. The activities were good in that everybody was able to use a particular skill and this also highlighted skills that staff had, that were not previously known to others. Staff felt that the activities were fun, that the small groups were beneficial in that it did not put people under pressure.

Your input was excellent, relaxed and friendly. On my part, I was able to relax and enjoy the day as much as others.”
S. Ager - West Suffolk Hospital

"I wanted to have the opportunity to put in writing my thanks to both yourself and Liz for what was a superb weekend. I have asked for feedback on the event from the team that went and everyone without fail has given a glowing report. What is incredibly satisfying to me is that not only did the group get a lot of enjoyment out of the weekend but also the concepts of teamwork and consensus seeking have been taken on board and plans set to utilise such vital techniques.

I would have no hesitation in recommending Elite Training to any other organisation that would like to indulge in a team building exercise."

D. Guthrie - Laser-Scan

We will ensure your staff understand the benefits of working as a team to enable them to be more cost-effective and productive.

Our team building events are ideal for building a new team or developing an existing team. It allows team leaders to discover more about themselves and their team.

Your team will not be forced into a set programme. We will tailor the activities to the requirements of your company and its staff.

Please let us know the type of activity you prefer, the number of delegates, and what you would like to achieve from your team building event. We will suggest a programme for you and quote a realistic price.

Here are some of our satisfied clients who appreciate our experience in training and enjoyed our team building activities:

- Archant
- AstraZenica
- BBC
- Bechtel
- Bernard Matthews Foods
- British Aerospace
- British Energy
- BT
- Castrol
- Caterpillar
- Deloitte & Touche
- Ernst & Young
- Essex County Council
- GlaxoSmithKline
- Glasgow Caledonian University
- ICI
- Ipswich Town Football Club
- Johnson & Johnson
- Kelloggs
- Ministry of Defence
- Nationwide Building Society
- Nokia
- Norwich Union
- Roche Pharmaceuticals
- Royal Society of Arts
- Sainsbury's Supermarkets
- Shell
- Smith & Nephew
- Suffolk Constabulary
- Tesco
- United Biscuits
- US Bank
- Yell Group

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