



TEAM PACKAGES

GRAHAME ROBB ASSOCIATES LTD



**RELEASING
POTENTIAL**

WELCOME TO **ST. GEORGE'S PARK**



ST. GEORGE'S PARK'S OUTDOOR LEADERSHIP CENTRE, OWNED AND OPERATED BY GRAHAME ROBB ASSOCIATES LTD, SUPPORTS THE SITE'S WORLD-CLASS TRAINING ENVIRONMENT BY PROVIDING UNIQUE OPPORTUNITIES TO CONTINUE DEVELOPING TEAMWORK AWAY FROM THE PITCH.

GRA have supported elite teams across a variety of sports disciplines including football, rugby, sailing, cricket, netball, motorsports and more. Teams include mens, womens, disability, international and youth teams.





ABOUT THE
**OUTDOOR
LEADERSHIP CENTRE**



OFFICIAL OUTDOOR LEADERSHIP PARTNER

The wide range of outdoor team activities and challenges on offer are purpose-built to create an engaging and participative environment for enhancing team spirit, communication, problem-solving, decision-making, self-awareness and leadership by putting athletes to the test, away from their comfort zone, and reviewing opportunities for improvement with our expert facilitators.

The centre has an indoor training room that can be used for team meetings, as a classroom for introducing new theories for personal development and enhancing team performance as well as session reviews.

PROGRAMMES WE HAVE DELIVERED FOR PROFESSIONAL SPORTS TEAMS INCLUDE:

- {+} Personality profiling tools to enhance team dynamics
- {+} Resilience, wellbeing and maintaining optimum performance
- {+} Providing constructive feedback
- {+} Fun team building

To find out more about the Outdoor Leadership Centre go to:
www.gra.uk.com/olc



“GRA MANAGED US REALLY WELL, KEPT US ENGAGED THROUGHOUT AND GOT US THINKING. WE ALL REALLY ENJOYED THE DAY; IT WAS CHALLENGING AND THOUGHT-PROVOKING IN A NUMBER OF AREAS.”

BEN WELLS
Watford FC Community Team

TRAINING CAMP

TEAM BUILDING

The Outdoor Leadership Centre offers the perfect setting for taking teams out of their comfort zone without leaving St. George's Park – ideal for teams looking to add new variables into their schedules or just to engage in some fun team bonding away from the training pitch.

Sessions can include physical and technical challenges such as laser combat, high and low ropes courses or problem-solving tasks which require a more tactical approach. We can deliver sessions focused on a competitive or collaborative approach; depending on your requirements.

Whichever challenges you choose for your team, we will create an unforgettable experience for the squad to focus on development needs and enhance teamwork, whilst having fun.

ACTIVITIES INCLUDE:

- {+} Laser combat
- {+} Archery
- {+} Climbing and abseiling
- {+} Problem-solving
- {+} Low ropes challenge course
- {+} High ropes
- {+} Powerfan free-fall challenge

“GRA STAFF WERE FANTASTIC AND THE PLAYERS REALLY ENJOYED THEMSELVES! HOPEFULLY NEXT TIME WE COME BACK, WE CAN SPEND TIME EXPERIENCING THE OTHER ACTIVITIES.”

SAM ZAPATKA
National Teams Coordinator, USA Soccer



TEAM DEVELOPMENT



EVEN ELITE TEAMS WITH CLEAR OBJECTIVES, TACTICS AND PHILOSOPHIES FIND IT HARD TO MAINTAIN OPTIMUM PERFORMANCE WITH SETBACKS, MISTAKES AND DEFEATS INEVITABLE.

How effectively individuals and teams respond to and recover from negative situations and unexpected change is likely to define how successful they will be in bouncing back and achieving their goals.

As learning and development training specialists with 30 years of working with elite sports teams, GRA has designed programmes to specifically support sports teams to integrate new members of the team, maintain a high-performance culture, enhance communication, resilience, teamwork and coaching skills.

We can work with your staff to incorporate the values, behaviours and ethos of your team culture into a team development programme.

To find out more go to: www.gra.uk.com/sports-teams





TEAM DEVELOPMENT SOLUTIONS



RESILIENCE FOR RESULTS

Resilience for Results training offers a holistic approach to help you and your team to achieve your goals and take control by strengthening resilience and mental toughness, changing mindsets and influencing your behaviour.

The training blends mobile diagnostics technology with proven tactics and techniques as well as practical exercises to provide you with the tools to implement the key rituals of resilience, identify and overcome personal stress triggers and maximise their time spent at optimal performance; with a growth mindset.



I LOVE FEEDBACK

Feedback is integral to enhancing relationships and results. Effective feedback is not venting, blaming, shaming or yielding to excuses. It supports others to enhance their awareness of strengths and weaknesses, increase team spirit and encourages others in their continued development. Yet, most people avoid providing feedback because they don't have the skills or confidence to do it effectively and have a fear of reprisal.

The iLoveFeedback workshop instils skills and promotes confidence through a five-step feedback process. The course offers a deep learning experience including group discussions, practical exercises and deliberate practice of the skills.



PERSONALITY PROFILING

GRA offers personality and behavioural profiling assessments to enhance people's self-awareness and apply the learning to get the best out of them; individually and as a team contributor.

The information can enhance understanding of us as an individual, our motivation, our natural strengths and our potential areas of growth. It also helps us appreciate people who are different to us and how to collaborate effectively.

You can also benchmark top performers to understand the key attributes to lead to success as a leader or team contributor.

To see what other products and services we offer go to: www.gra.uk.com





GET IN TOUCH

THIS BROCHURE IS AN OVERVIEW OF HOW OUR TEAM BUILDING AND TEAM DEVELOPMENT OFFERINGS CAN PROVIDE SPORTS TEAMS WITH THE OPPORTUNITY TO ACCELERATE THEIR DEVELOPMENT AND ACHIEVE BETTER RESULTS.

We can tailor our programmes to your budget, timeframe and learning outcomes, therefore if you'd like to learn more about how we can support your team please contact us to setup a call or meeting with our learning and development specialists.

With over 30 years' experience in this industry, we are confident that we will be able to help you achieve your aims.

CONTACT US

For further information or to book please contact us on:

{+} 01283 575905

{+} enquiries@gra.uk.com

{+} www.gra.uk.com/contactus



INSPIRING EXCELLENCE



"IT WAS IMPORTANT IN THE FIRST FEW DAYS TO BOND THE GROUP TOGETHER AND THE NEED TO FEEL CONNECTED TO HELP BUILD THAT TRUST ON THE PITCH. THE EXERCISES WERE A GREAT ADDITION TO OUR TRAINING."

STEVE MCNAMARA

During his time as England Rugby League Head Coach



For more information or to discuss your requirements please contact:

01283 575905

ENQUIRIES@GRA.UK.COM

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