



CORPORATE TEAM BUILDING

THE OUTDOOR LEADERSHIP CENTRE
ST. GEORGE'S PARK



FOUNDED IN 1989, GRAHAME
ROBB ASSOCIATES LIMITED
SPECIALISES IN LEARNING AND
DEVELOPMENT PROGRAMMES
WHICH RELEASE THE POTENTIAL
OF INDIVIDUALS, TEAMS AND
ORGANISATIONS.

WELCOME TO THE

OUTDOOR LEADERSHIP CENTRE

ABOUT GRA

We deliver innovative organisational and people development programmes to a range of clients across all industries, specialising in:

- [+] Team Building
- [+] Leadership Development
- [+] Culture and Behaviour Change

We also have a purpose-built Outdoor Leadership Centre based at the English Football Association's St. George's Park National Football Centre. This centre is designed specifically to support high impact, experiential learning and development. Our team of experienced facilitators create a memorable learning experience for teams in a fun, yet challenging, environment.

Furthermore, we have the capability to go mobile with many of our learning and development scenarios and team building challenges.

GRA are the exclusive UK and Republic of Ireland licensee for Crucial Conversations®, Crucial Accountability®, Influencer™ and Change Anything™ training, award-winning behaviour change programmes designed by VitalSmarts®.

We are also a Level 2 UK Channel Partner for The Ken Blanchard Companies' Situational Leadership® II training products, an accreditation centre for Belbin® Team Roles and an MBTI® certified practitioner.

To find out more visit: www.gra.uk.com/about-us



TEAM ACTIVITIES



LOW/ROPES

Our purpose-built low ropes challenge courses offer all of the thrill and excitement of our high ropes courses, just a lot closer to the ground! Everyone must work effectively and efficiently as a team to traverse the course.

These activities are great for working on communication, strategic planning and sharing best practice, as everyone must work together to achieve an overall team goal.

Low ropes can be used as an introduction and warm up to the outdoors or as a stand-alone activity depending on time constraints, group dynamic and participant abilities.

Activities include:

- {+} Criss Cross
- {+} Mohawk Walk
- {+} Challenge Course

“THIS WAS THE BEST EXECUTIVE MANAGEMENT TEAM EVENT I HAVE BEEN ON. IT GAVE ME LOTS OF INSIGHTS ON WHERE I, AND THE TEAM, CAN IMPROVE.”

STEPHEN BATEMAN
CEO, Derbyshire Health United



HIGH ROPES

"THE OUTDOOR LEADERSHIP CENTRE WAS A GREAT ADDITION TO THE THINGS WE WORKED ON IN TRAINING, SO IT'S CERTAINLY SOMETHING I WOULD DO AGAIN."

STEVE MCNAMARA

During his time as England Mens Rugby
League Manager

For those who wish to push the boundaries of their comfort zone and feel the exhilaration of being up to 40ft above the ground, we have a diverse range of high ropes options to choose from. The activities all offer a great sense of personal achievement and provide opportunities to develop trust and team resilience.

You can experience the ultimate adrenaline rush with the freefall Powerfan, take on the challenge of climbing and abseiling our 40ft climbing walls or get your heart racing on our linear high ropes course, testing your nerves and balance.

The ultimate team experience is the Crate Stack Challenge - attempt to get your company's name on our leader board by building the highest tower of crates in a set time.

Activities include:

- {+} Indoor and Outdoor Climbing Walls
- {+} Abseiling
- {+} Catwalk
- {+} Crate Stack Challenge
- {+} Trapeze
- {+} High All Aboard
- {+} Powerfan
- {+} Broken Bridges

CRATE STACK UP TO

35^{FT}

ARCHERY

"GRA'S TEAM BUILDING CHALLENGES OPENED UP THE OPPORTUNITY FOR OUR PEOPLE TO WORK WITH OTHER COLLEAGUES THEY WOULDN'T NORMALLY INTERACT WITH. THE MIX OF INDOOR AND OUTDOOR ACTIVITIES MAINTAINED THE ENERGY LEVELS OF THE GROUP AND THE STAFF WERE AMAZING!"

ARTEX LIMITED
January 2017

Archery is a very popular exercise for groups of all abilities. In a technology-driven world, this activity is steeped in tradition and draws out the 'hunter gatherer' nature in us all. Our qualified instructors will teach you the best techniques for improving throughout the session and achieving a consistent shot.

Whether you're a complete beginner who wants to 'have a go' or more advanced, there are opportunities to build competence and confidence developing your skills, while having fun with your colleagues. This activity is ideal for multi-activity events, competitive team building or developing a coaching culture.



COLLABORATION

We offer fantastic team challenges that enable groups to embrace their creative flair, develop innovative solutions and produce memorable results. Options include: a one-off orchestral performance on the Boomwhackers; creating new artwork for your brand on the Graffiti Wall; or completing our frenetic Wake-Up Challenge, where the team will be provided with a long list of fun and challenging tasks to be completed in a very short space of time.

These activities can be run indoors or outdoors and are perfect as a conference energiser or as pre- and post-dinner entertainment.

They can also be used as a stand-alone event or as part of a multi-activity team building programme.

Activities include:

- {+} Boomwhackers
- {+} Corporate Structures
- {+} Cake Decorating
- {+} Golden Gate Bridge
- {+} Graffiti Wall
- {+} Wake-Up Challenge



**"THE STAFF HAD THE ABILITY TO
MAKE YOU FEEL LIKE YOU KNEW
THEM IMMEDIATELY AND HAD A
GREAT SENSE OF HUMOUR."**

ROD HIPPERSON
Compliance Manager, One Stop



INITIATIVE TASKS

Choose from a wide selection of fun and practical initiative tasks that focus on strategic planning and creative problem-solving.

These tasks are ideal for people of all abilities and offer the perfect alternative to the more physically demanding activities for anyone who prefers to challenge the mind.

Our initiative tasks can be a brilliant icebreaker to kick off your group event and encourage the team to think strategically ahead of other challenges or form part of a round robin of activities.

Activities include:

- {+} Black Canister
- {+} Grand Masters
- {+} Lava Flow
- {+} Spider's Web
- {+} Steeple Chase
- {+} Tyres & Planks

"THE ACTIVITIES WERE FUN BUT ALSO ENGAGING AND GOT EVERYONE WORKING TOGETHER AS A TEAM WITH SOME KEY LEARNING POINTS WE CAN TAKE BACK INTO THE WORKPLACE!"

PHIL MCDONALD

Category Manager - Operational Services, Tarmac



MOBILE OFFERINGS

GRA is able to offer a wide range of mobile indoor and outdoor team building activities for corporate events and team days. If you already have a venue in mind or you'd like us to come to your offices, we can create a professional, fun and memorable team building package to meet your needs.

Our mobile team building activities include:

BESPOKE PHOTO CHALLENGE | - 1.5 HOURS

A team-based competitive challenge that will take your group out across an area to recapture a series of photos with a 'team' twist. This activity is a real test of group collaboration.

WAKE-UP CHALLENGE | - 1.5 HOURS

A frenetic session during which the team needs to use the strengths of each individual to achieve a series of tasks in a set period of time. A great, fast-paced challenge for everyone.

BOOMWHACKERS | 30 MINUTES

An interactive session exploring different sounds and tones using simple percussion instruments to form an orchestra. This activity will have your whole group playing and singing in rhythm - a wonderful metaphor for teamwork.

CORPORATE STRUCTURES | - 1.5 HOURS

A high-energy collaborative challenge that poses the task of replicating a structural blue-print in the fastest possible time, using 15 planks. This activity will test any group's ability to work together and refine processes to produce rapid results.

LASER COMBAT | - 2 HOURS

Using the latest technology in laser combat, you will pit your wits against the other team in a test of skill and cunning. This activity is fantastic fun for all.

ARCHERY | 1 HOUR

A precision session that will teach you the skills of a professional Bowman to achieve a consistent shot with accuracy. Perfect for competitive teams, coaching and personal skill development.

LEADERSHIP INITIATIVE EXERCISES | 1 HOUR

We have a range of fun initiative tasks to challenge minds over muscles. We offer a mix of indoor and outdoor problems and puzzles to solve through collaboration and creative thinking.

GRAFFITI WALL | 1 HOUR

A fun challenge that requires the team to build a graffiti wall and then decorate it in designs that represent your brand values. This activity is perfect for reflecting on company values and key conference messages.



GOLDEN GATE BRIDGE | 1 HOUR

An innovative session that requires you to build a free-standing bridge with limited materials in a specific time-frame to produce the best, and most cost-effective, results. This task is great for building team relationships.

Each of these activities are perfectly placed to be run as a conference energiser, individual challenges or as part of a multi-activity team building programme. Our mobile prices include fully qualified staff to facilitate the event, all required kit and equipment, a pre-event site visit or conference call, insurance and logistics. Mileage is charged at 80p per mile from our Outdoor Leadership Centre, Burton-Upon-Trent.



TEAM BUILDING

We specialise in team building programmes proven to have a positive impact on delegates. Whether it's learning new skills, overcoming personal challenges or improving team work or team spirit, we can tailor an event to provide you with the unique experience that you're looking for. From small teams to multinational organisations planning a company away day, we'll work with you to make your day memorable.

CONFERENCE ENERGISERS

If you're looking for an icebreaker or to maintain energy levels and engagement at your team event, then why not take a break with one of our fun, participative group activities. We will suggest activities to meet your time constraints with sessions running from 30-90 minutes.

HALF DAY TEAM BUILDING

Our ½ day team building programmes enable you to take on multiple activities from the options listed in this brochure. A variety of combinations are available to provide you with the best experience possible.

Example Programme:

09:30	GRA Welcome and Health & Safety Briefing
09:45	Ground Based Initiative Task
10:45	Low Ropes
11:45	Break
11:55	High Ropes
13:30	Lunch
14:15	Finish

1 DAY TEAM BUILDING

Our 1 day team building programmes provide you with the opportunity to take part in a wide range of activities on offer at the centre. Feel the adrenaline rush of pushing the boundaries of your comfort zone and progressing through increasingly challenging activities to achieve new levels of performance or overcome obstacles you didn't think possible. Alternatively, the team can choose from a menu of activities and participate in a round robin throughout the day. A competitive element can also be added to the event if required.

Example Programme:

09:30	GRA Welcome and Health & Safety Briefing
09:45	Icebreaker
10:00	Archery
11:00	Break
11:10	Low Ropes
12:10	Lunch
13:00	Ground Based Initiative Task
14:00	High Ropes
15:00	Break
15:10	Closing Collaborative Team Task
17:00	Finish





TEAM DEVELOPMENT **BUSINESS SCENARIOS**

If you're looking to improve team performance and drive business success, we deliver training to support a diverse range of learning outcomes including improved planning, decision-making, problem-solving, communication, collaboration, resource management, resilience and leadership.

"A WELL ORGANISED, CHALLENGING EVENT - PERFECT FOR TEAM BONDING AND DEVELOPMENT."

TIM VRYENHOEF
Managing Director, Nutratech

GRA's business scenarios are one of our most successful products. We take leadership to the next level by allowing participants to experience the power of learning, while actively taking part in exercises.

We design scenarios which replicate the pressure of real-life business situations and can be bespoke to your company requirements and values. Scenarios provide an opportunity for attendees to lead and undertake a number of activities to help achieve 'end goal' objectives.

This is a highly participative and high-energy session with activities ranging from non-physical to very physical and both indoor and outdoor.

These unique scenarios will highlight the importance of effective team working and challenge participants to 'test' themselves as well as focus on the importance of effective feedback. After each activity, there will be an in-depth review to reflect on leadership styles, successful completion of the task and how this applies back to the workplace.

Our trainers are accredited in many of the world's leading leadership and team development theories including Situational Leadership® II, Belbin® Team Roles, MBTI®, Action-Centred Leadership™ and more. We can build these in to the programme and apply the classroom-based learning to outdoor scenarios which provide delegates with opportunities to practice skills away from the workplace and improve learning transfer.

"WE NEEDED TO GIVE OUR STAFF THE OPPORTUNITY TO GET TO KNOW EACH OTHER BETTER. IN ASKING GRA TO UNDERTAKE THE TASK, I KNEW WE'D GET CREATIVITY AND PURPOSE, BUT THE LAUGHTER, COURAGE, SPONTANEITY AND SHEER SENSE OF HAVING FUN TOGETHER EXCEEDED MY HOPES AND MADE FOR A HUGE SUCCESSFUL EVENT. I HAVE NOTHING BUT POSITIVE FEEDBACK - A REAL TESTAMENT TO GRA."

TOM HALL
Managing Director, Alitex



FACILITIES

AT ST. GEORGE'S PARK



THE OUTDOOR LEADERSHIP CENTRE TRAINING ROOM

- {+} Large flexible training room
- {+} Accommodates up to 30 people
- {+} Includes projector and screen ideal for presentations
- {+} A free flowing tea and coffee machine
- {+} Lots of natural daylight with fantastic views of the site

THE HILTON HOTEL AT ST. GEORGE'S PARK

The inspiring and versatile facilities of the Hilton hotel are ideal for gatherings of all kinds and sizes, from intimate meetings to conferences for up to 500 people.

- {+} The Sir Bobby Robson Ballroom
- {+} Sports Hall
- {+} Lecture Theatre
- {+} 19 meeting rooms
- {+} 228 guest rooms including 11 suites
- {+} The Crossbar and Lounge
- {+} Restaurant and private dining
- {+} Health Club and Spa
- {+} The Centre Circle - proudly serving Starbucks



“ALL OF THE FACILITIES AVAILABLE ARE FANTASTIC FOR SURE – EVERYTHING FROM THE PITCHES, TO THE GYMS AND THE WONDERFUL HOTEL ACCOMMODATION WE HAVE BEEN ABLE TO USE, PLUS THE KINDNESS AND AVAILABILITY OF THE WORKING PERSONNEL. IT’S A VERY IMPRESSIVE PLACE.”

CLAUDIO RANIERI

During his time as Monaco FC Head Coach

LOCATION ▶

Our Outdoor Leadership Centre is located at St George's Park, The FA's National Football Centre in Staffordshire. Set in the National Forest, in 330 acres of beautifully landscaped parkland, the centre is the training base for the 24 England teams and features a 228 bedroom Hilton hotel. St. George's Park's central location in the heart of the Midlands and close proximity to two nearby airports makes it easily accessible for both national and international visitors.

It's only 90 minutes by train from London with the choice of two local stations at Burton-Upon-Trent and Derby. If you choose to drive or travel by coach, the M1, M6 and M42 motorways are nearby.

Take a look around with our 360 virtual tour: www.gra.uk.com/tour

GETTING HERE

BY TRAIN:

- {+} 6 miles from Burton-Upon-Trent
- {+} 14 miles from Lichfield (direct route to London Euston Station)
- {+} 19 miles from Derby (direct route to London St. Pancras Station)
- {+} 27 miles from East Midlands Parkway

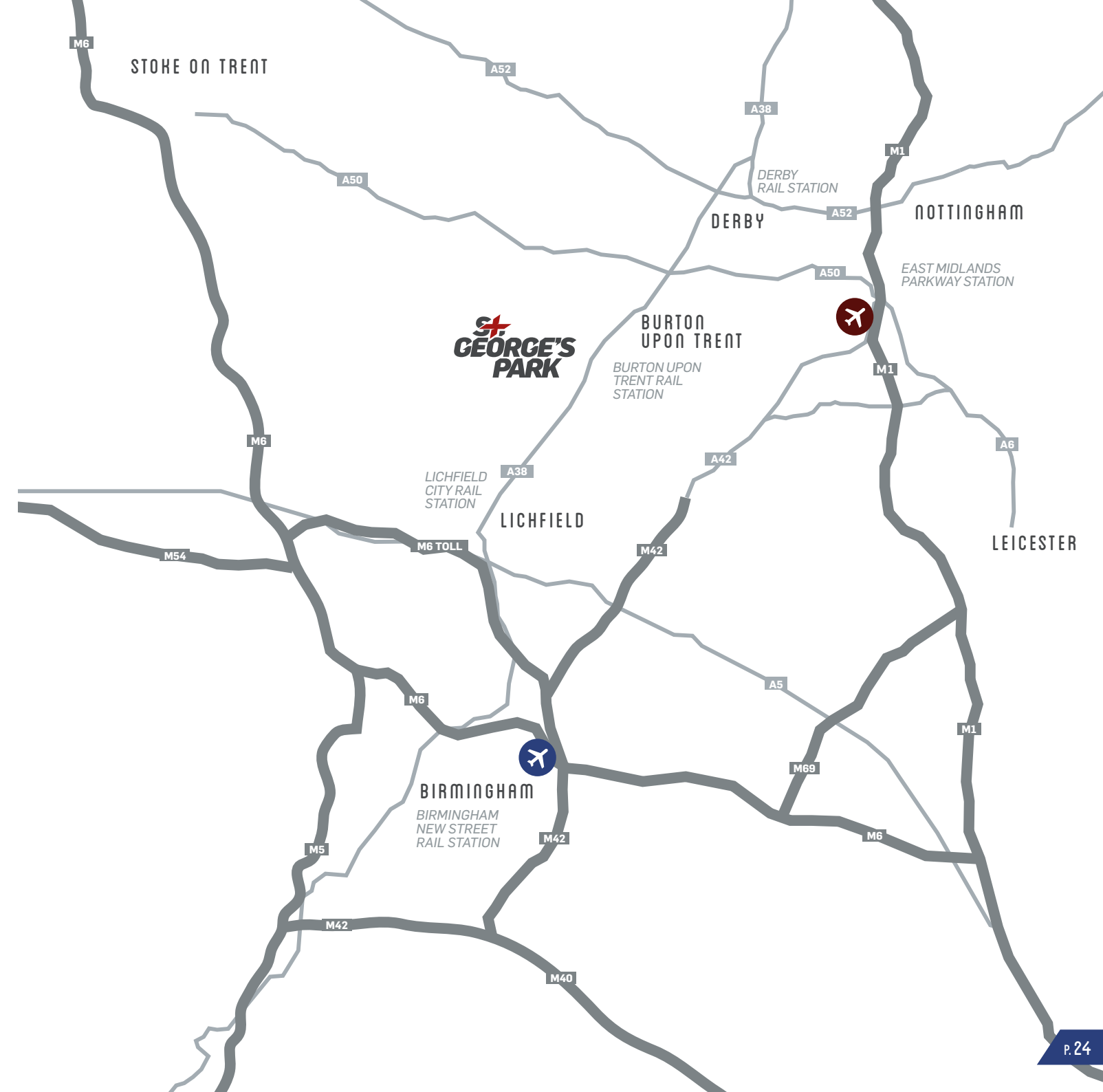
BY CAR:

- {+} Excellent links to M1, M6 Toll Junction 4, A38, M42 and A50

IN THE REGION

There are also plenty of things to do and attractions to visit off site:

- {+} The National Forest
- {+} Alton Towers theme park
- {+} Drayton Manor theme park
- {+} The National Brewery Centre
- {+} Nottingham Castle
- {+} The Peak District
- {+} Uttoxeter Racecourse
- {+} Branston Golf Club





**INSPIRING
EXCELLENCE**

For more information or to discuss your
requirements please contact:

01283 575905

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