



Learning & Development



CORPORATE TEAM BUILDING

GRAHAME ROBB ASSOCIATES LTD



GRAHAME ROBB ASSOCIATES'
OUTDOOR CENTRES

ABOUT GRA

Grahame Robb Associates Ltd (GRA) specialises in experiential learning and development programmes which bring learning to life.

We tailor team building programmes to meet your specific requirements. With over thirty years of experience, we know how to create memorable experiences and support delegates to reach their potential.

- {+} Team Building
- {+} Conference Energisers
- {+} Business Simulations
- {+} Leadership Development
- {+} Resilience
- {+} Strategy Development
- {+} Behaviour Change

Our two purpose-built Outdoor Centres based within the grounds of the De Vere Wokefield Estate, Reading, and St. George's Park, The FA's National Football Centre, are both designed specifically to support high impact, experiential learning and development.

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
- {+} Low All Aboard

“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

“A GREAT TEAM BUILDING EXPERIENCE THAT ENCOURAGED US ALL TO WORK TOGETHER, BE CONSCIOUS OF OTHER PEOPLE’S SKILL SETS AND UNDERSTAND OUR INDIVIDUAL IMPACT ON A COMPANY.”

HYOCERA CORPORATION

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 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:

- {+} Outdoor Climbing Walls
- {+} Abseiling
- {+} Catwalk
- {+} Crate Stack Challenge
- {+} Trapeze
- {+} High All Aboard
- {+} Powerfan
- {+} Jacob's Ladder
- {+} 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



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.





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

LASER COMBAT

Bring your team out to one of our unique combat zones and experience the latest in laser gun technology. Laser combat is a fun, frenetic and pain-free competitive team challenge suitable for all ages as well as levels of fitness and ability!

Your troops will begin their experience with a full safety briefing to introduce them to the technology and rules. Once briefed, your team will be kitted up with full camouflage (including face paints for the diehards) and led to no man's land where the battle will commence. The group will take part in up to five unique and exhilarating missions that require different strategies and strengths. So, whether you prefer a stealth or gung-ho approach, you'll be able to contribute to your team's success.

Our combat zones offers a variety of challenges and defences. Dive behind a parapet or bunker and slide up against a tree for protection, but watch out as the lasers can penetrate weak defences. At the end of each game, you'll be able to tell exactly which of your rivals shot you, how many times and who fired the killer blow, so that you can seek revenge in the next battle.



“THIS 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

BUSHCRAFT



Bring your team into our tranquil woodland camp to try your hand at something a little bit different and experience a comprehensive range of practical bushcraft skills. First, our knowledgeable facilitators will take you on a journey through the ages, demonstrating fire lighting techniques and materials from the most primitive methods to the modern day.

Following the demonstration, participants will have the opportunity to try different methods for themselves. In the second hour, the group will be shown safe and practical techniques for creating different cuts in natural materials that will help them start a fire. Participants will have the chance to trial the techniques and hone their skills ahead of the team challenge.

The session ends with bringing all the skills together in a fun, light-hearted competition. Each team will have 1 log and 1 match, the team that can keep their fire alight the longest will win the challenge. Our bushcraft sessions are the perfect relaxed setting and task for encouraging people to develop rewarding new skills and confidence, improve team work and communication as well as ultimately have lots of fun together.

"THE GRA STAFF WERE FANTASTIC AND THE PLAYERS REALLY ENJOYED THEMSELVES! WE HOPE TO COME BACK AND DO SOME OF THE OTHER ACTIVITIES."

SAM ZAPATKA

National Teams Coordinator, USA Soccer

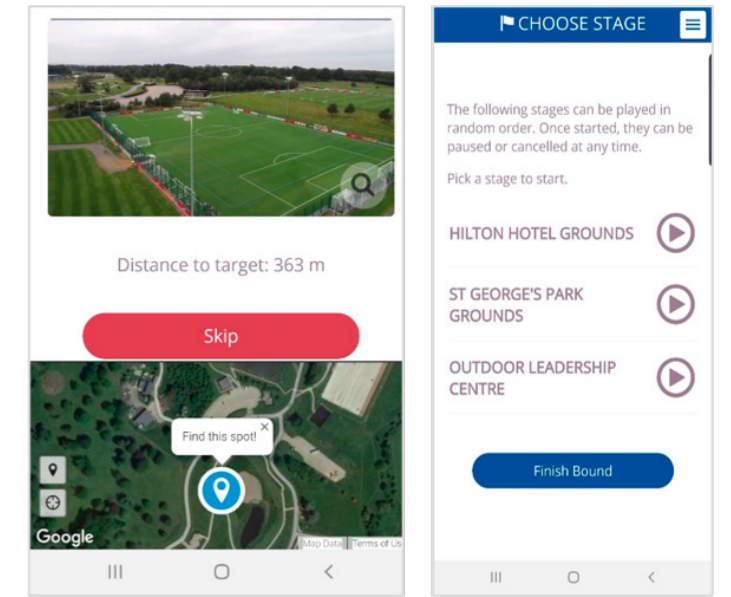


GPS PHOTO CHALLENGE

Orienteering meets scavenger hunt in the digital age! Armed with a state-of-the-art tablet and the latest software teams explore the surrounding area by using the inbuilt map and GPS software to find predetermined location challenges.

On arrival the team/s will be asked to; recreate photos, videos, or audio clips, answer questions or find and scan codes in order to earn points for their team.

This activity typically can last between one and three hours for up to 180 people, choose from one of our predesigned challenges or talk to use about the creation of a bespoke challenge that would better suit your location or event objectives.



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
- {+} Golden Gate Bridge
- {+} Graffiti Wall
- {+} Wake-Up Challenge

“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





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.

Our conference energisers include:

GPS PHOTO CHALLENGE | - 1.5 HOURS

A team-based competitive challenge that uses the latest software to explore the surrounding area and find predetermined location challenges. 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.

“THE FEEDBACK AND POSITIVE COMMENTS THAT WE RECEIVED FROM OUR TEAM FAR EXCEEDED MY EXPECTATIONS AND I WAS THRILLED WITH THE DAY. IT REALLY DELIVERED ON WHAT WE WANTED TO ACHIEVE.”

HANNAH COOKSEY
EMEA Team Lead, Commvault



BUSINESS SIMULATIONS

The focus is on creating real opportunities to bring learning to life and not just rely on facilitator-led presentations. Delegates will develop strategic business plans, manage their finances and lead a series of challenges which replicate the stresses and pressures of a real-world business in an environment away from their comfort zone.

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

TIM URYENHOEF

Managing Director, Nutratech

Typical business simulations put teams through case study reviews of real organisations, a range of strategic scenarios for their own organisation or reviewing historical performance. On our experiential business simulations, delegates undertake real challenges and exercises to earn revenue for a fictitious organisation that will be 'in business' for the duration of the simulation.

GRA has over 30 years of experience designing and delivering experiential business simulations. Our simulations are designed to create an emotionally safe environment in which to put those theories to the test, witness how they impact on performance and receive constructive feedback through structured reviews. Our aim is to support people's ability to successfully and sustainability apply it in the workplace.

Our simulations are tailored to your organisation's values, culture and the learning journey your employees are experiencing to develop crucial leadership skills and the right mindset and behaviours for successful team performance. We draw out these elements through the customer expectations we set, the activities and challenges delegates undertake and the structured reviews completed afterwards.

Benefits of our approach:

- {+} Practical experiential learning to support validation and understanding of theory
- {+} Tailored to the experience and seniority of delegates
- {+} Emotionally safe environment to test skills away from their comfort zone
- {+} Challenges designed to draw out your desired behaviours and learning outcomes
- {+} Structured reviews and action plans
- {+} Choice of modalities: face-to-face or virtual
- {+} Challenge by choice

“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 HUGELY SUCCESSFUL EVENT. I HAVE NOTHING BUT POSITIVE FEEDBACK - A REAL TESTAMENT TO GRA.”

TOM HALL

Managing Director, Alitex



LOCATIONS



OUTDOOR LEADERSHIP CENTRE ST. GEORGE'S PARK

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.

CORPORATE OUTDOOR LEARNING CENTRE DE VERE WOKEFIELD ESTATE

Our Corporate Outdoor Learning Centre is situated within a 15-acre, mature oak woodland in the grounds of the De Vere Wokefield Estate, Reading. The Estate has over 300 bedrooms, plus a number of quality conference rooms and meeting facilities.

We recognise that everyone is challenged by new situations in different ways and to varying degrees. It is important to us at GRA that we strictly operate a "Challenge by Choice" policy where the level of participation is set solely by the individual. At no time is anyone 'persuaded' to go beyond the boundaries that they set for themselves. Anyone, regardless of varied physical abilities, can participate in activities at both of our Outdoor Learning Centres.

For more information visit: www.gra.uk.com/outdoor-learning

Take a look inside with a 360° Virtual Tour of our Centres: [Reading](#) or [St. George's Park](#)





For more information or to discuss your requirements please contact:

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