



CORPORATE TEAM BUILDING

THE OUTDOOR LEADERSHIP CENTRE
ST. GEORGE'S PARK



WELCOME TO THE

OUTDOOR LEADERSHIP CENTRE

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 purpose-built Outdoor Leadership Centre, based at the English Football Association's St. George's Park National Football Centre, is 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

“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

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 our laser combat zone 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 zone offers a variety of challenges and defences. Our combat zone offers a variety of challenges and defences. Dive behind a bunker or find a vantage on high ground to scope out the area, but watch out as the lasers can penetrate weak defences. At the end of each game, quickly check the stats and plan your revenge in the next battle.



"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

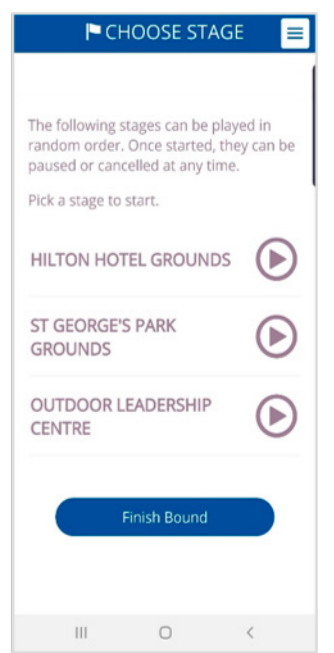
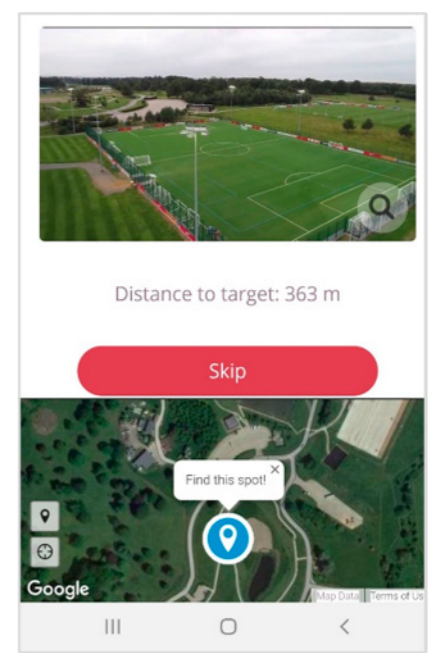


GPS PHOTO CHALLENGE

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





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 | 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 | 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 | 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 | 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.

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.

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

TIM URYENHOEF
Managing Director, Nutratech

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 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

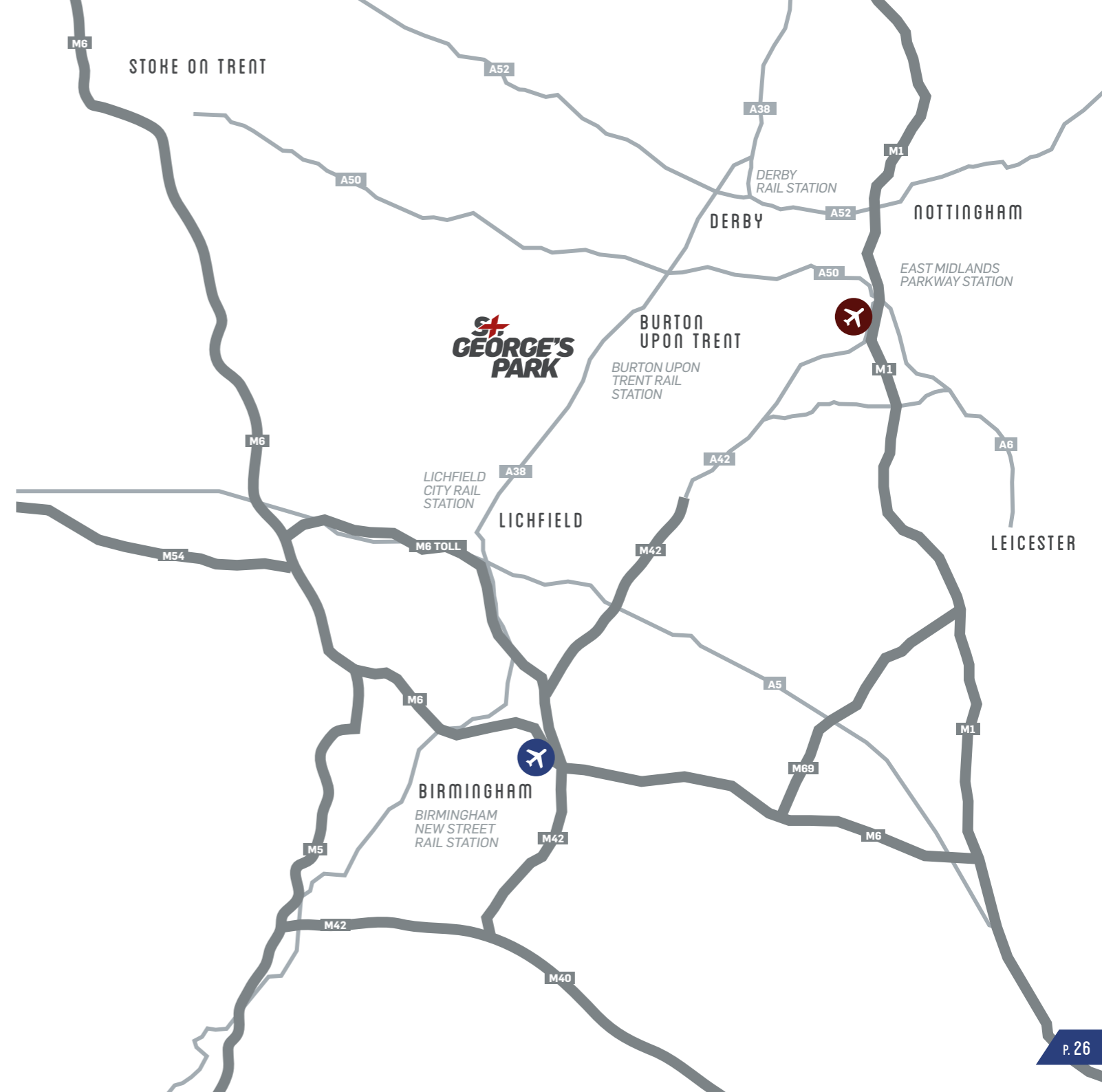
BY CAR:

- {+} 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:

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