

OVERVIEW

Team Up! program will inspire your team to support one another, communicate effectively, problem-solve efficiently, build cohesive relationships, and take calculated risks. It is designed to build self-confidence, teamwork, communication, awareness of strengths and limitations, trust, respect for others and coping skills for dealing with stress and anxiety.

The highlight of Team Up! is the Odyssey Course, a 50 foot tall and 360 foot long state-of-the-art high ropes challenge course that provides teams and groups of all kinds the opportunity to participate in team building experiences led by trained facilitators.

For information go to campusrec.uci.edu/TeamUp or call 949.824.3738



PROGRAM COMPONENTS



- 1. Warm-ups and Icebreakers:** Help participants set aside fear of embarrassment and establish a safe learning environment.
- 2. Initiatives:** Requires minimal physical activity but a high degree of interaction as the team.
- 3. Challenge Activities:** Involves physical and mental tasks conducted low to the ground.
- 4. Odyssey Course:** Series of unique team challenge activities that take place high in the air!

OUTCOMES

In addition to group relationship-building, Team Up! programs can be focused to explore a number of different concepts relevant to successful teams, such as:

- Improving Team Performance
- Building Trust and Support
- Quality Improvement
- Managing Change
- Leadership Development
- Improving Problem-Solving
- Enhancing Communication Skills

ADDITIONAL TEAM BUILDING ACTIVITIES

- Stand Up Paddle Board
- Dance Classes
- The Rock Wall
- Self-Defense Workshops
- Cooking Classes
- Kayak Trips



PRICING

2.5 hour team-build includes games, warm-ups, initiatives, and low-challenge activities.

4 hour Odyssey includes some of the above plus one level of the Odyssey course.

8 hour full day includes all of the above, both levels of the Odyssey course, and a scheduled break for lunch (lunch is not provided).

	2.5 hour team-build	4 hour Odyssey	8 hour full day
UCI Students Groups	\$18	\$35	\$55
UCI Faculty/Staff Groups	\$35	\$55	\$75
Public Groups	call for price	call for price	call for price