



Outventure Get Out And Be Great

Objective:

To get your team off the floor and into fun, challenging learning opportunities. We take your team on location and teach you how to engage better, increase and sustain energy and to effectively manage yourself and to break out of our default excuse driven zone to be greater in all areas of life.

Half Day On Location

Learning 40 min	<ol style="list-style-type: none"> 1. Realising how simple it is to be a High Performer when we have an understanding of perspective and energy. 2. Learning how to engage effectively with the people and world around you.
Doing 20 min	Activities requiring critical thinking, team work and cooperation.
Learning 40 min	<ol style="list-style-type: none"> 1. Learning how to go the extra mile for yourself and others around you. 2. Knowing how to examine yourself regularly, diagnose faults and commit to a better you.
Doing 20 min	Activities requiring risk taking, trusting your team and your own capabilities.
Learning 40 min	<ol style="list-style-type: none"> 1. Understanding the dynamics of your energy. 2. Learning how to build your energy capacity to sustain high performance in all areas of your life.
Doing 90 min	Activating all you've learnt through getting out of your comfort zone. This is for all fitness levels. There are no physical barriers. "Champions always find a way."