

Team Building Programs

Orienteering

Teams are assigned a facilitator, a compass, and a Polaroid camera. They must come up with a unique & creative team name and take a creative team photo at some time during the challenge. Each team is assigned a color, and they must follow the clues according to their color using the compass and the clues given. There can also be objects along the way that they must collect in the manner of a scavenger hunt. This challenge requires communication and the ability to listen to team members to come up with the best solution. It also allows the participants to explore their creativity with the team name and photo component of the challenge.

Blind Wine Tasting

Take advantage of our location in the beautiful Wine Country and our access to some of the world's finest wines. We taste both white and red wines, asking participants to work in teams to guess the varietal, vintage, and price of each wine they taste. This activity is great for wine connoisseurs as well as those who enjoy wine but are not yet experts. Team members must discuss the elements they detect in the wine, and must work together and use this collective information to come up with a decision about the type, age, and quality of the wine.

Human Knot

The group stands in a circle and everyone puts their right hand in the center and grabs someone else's hand; the same is then done with the left hand, creating a "human knot." The challenge is to untangle the knot without releasing your grip on your partner's hand. The focus in this activity is communication and utilizing resources. This is also a great exercise in leadership and following directions, because often a few participants will help guide the entire group to success.

Traffic Jam

The group splits into two, forming two lines facing each other with one space between the two halves. The goal is to get the two groups to change sides, moving only one person at a time into the vacant space. This activity focuses on the roles of individuals, communication, and logical problem solving. The groups must work together and must think about how each move will affect the moves that come after it.

Blindfold Tent

Half of the team members are blindfolded, while the other half is allowed to see. The blindfolded participants must pitch a tent using only the verbal cues of their team members who can see. The blindfolded members must pay close attention to the directions of their team members, and those who can see must be patient and very clear with their instructions. The focus is on clarity and communication—both giving and receiving directions.

Group Juggle

The group forms a circle and is given one ball. The team tosses it around the circle, establishing a throwing pattern where each member receives the ball once. As the group gets a rhythm and increases its speed, another ball is added to the circle and must be thrown in the same pattern. Depending on the size of the group, 2-5 balls can be used. Each team member must be focused on both the person from whom they will receive the ball as well as the person to whom they will throw the ball. This exercise shows the importance of each individual member of the team in keeping the group working successfully as a whole.

Spider Web

The entire group stands on one side of a giant spider web. The challenge is to get the whole group to the other side of the web without touching the web. Once a person has passed through, they cannot return to the other side. This task focuses on communication, thinking outside of the box, and utilizing resources to complete a group task.