



TEAM BUILDING PROGRAMS AT UCI

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.

PROGRAM COMPONENTS

Warm-ups and Icebreakers: Help participants set aside fear of embarrassment and establish a safe learning environment.

Initiatives: Requires minimal physical activity but a high degree of interaction as the team.

Challenge Activities: Involves physical and mental tasks conducted low to the ground.

Odyssey Course: Series of unique team challenge activities that take place high in the air!



ADDITIONAL TEAM BUILDING ACTIVITIES

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

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



PROGRAM OPTIONS

Discovery Program (2.5 hours) includes games, warm-ups, initiatives, and low-challenge activities

Odyssey Program (4 hours) includes some of the above plus one level of the Odyssey course.

Full Day Program (8 hours) includes all of the above, with the option of both levels of the Odyssey course, and a scheduled break for lunch (lunch is not provided).

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