

Staff:

Capro employ a handful of carefully selected associate instructors. All staff members are well qualified and experienced in dealing with a wide variety of group types and situations as well as each particular activity. You are assured a safe and enjoyable service from our friendly and approachable staff.

Pricing:

Cost will vary dependant upon numbers and your preferences, please call to discuss your needs with Capro's Co-ordinator.



Outcomes for your team.

Team members will have a wider appreciation of group dynamics, problem-solving, planning and have a chance to implement these under pressure in a fun and interactive way. You will have time to evaluate and improve communication with your team.

PHONE - 0131 652 1557

OR CHECK OUT OUR WEBSITE ON

www.capro.org.uk

Craigmillar Adventure Project is a Company Limited by Guarantee, No. SC 249306 and is a registered Scottish charity, No. SC 030889
Registered Office: Unit 5, Castlebrae Business Centre,
40 Peffer Place, Edinburgh. EH16 4BB



Craigmillar Adventure Project

Staff Team Building Sessions

Capro can offer ½ or full day sessions, they are aimed at staff in small organisations and other adult groups who wish to develop team related skills. All our sessions are designed to be enjoyable and challenging.



Give your colleagues a valuable boost with an entertaining day of activities all designed to increase cohesion, confidence and communication skills. A Capro teambuilding day will focus on getting the most out of your team and expanding their skills in a fun and friendly environment.

During our team building sessions we:

- explore what makes a group effective and challenge the way in which individuals are naturally placed
- help bring forward skills in individuals that don't always get a chance to surface in the work environment
- enhance your team's potential to work together more efficiently.
- make activity fun.
- get to know your colleagues away from a work orientated environment.

"The Capro experience has been an important and invaluable annual event for Currie CHS support staff over the past 3 years. The team getting this experience in my view provides positive, closer and more understanding relationships between individuals, which adds real value to the school over the subsequent 6-12 month period"

"The whole staff team were extremely positive about the day. It was fun, well structured and provided useful info to take back to the workplace. Thanks to staff and instructors for a great day"

Activities we can offer:

Team Building activities
Challenge events
Orienteering

Problem solving activities
Raft Building
Canoeing

Programmes:

The event is usually split into 2 sessions, the first of which is made up of a selection of problem solving and team activities, members of the group will be encouraged to play different roles within each task and the group will be given the opportunity after each element to feedback and discuss the outcomes, this will be facilitated by your instructor.

On a ½ day event we would have a refreshment break and on a full day a lunch break.

The second session is usually an adventurous activity such as those listed below. Any of the activities can be adapted to suit the objectives and outcomes you require as a group.

"We're very impressed with the service. The opportunity for the team to be away from the centre and focus on something physical was really beneficial. It meant not only an enjoyable day but development of team cohesion and communication. The instructor was skilled, able to gauge well participants needs, backed up by good preparation and hit the appropriate mark on each activity"

Venues:

The venue is dependant on the activity you choose to do.

If you would prefer the second part of the day to be just for fun with less emphasis on team work, you may wish to opt for the following activities:

Mountain Biking
Rock Climbing

Kayaking
Abseiling

Sailing
Archery

You can meet Capro's staff at the venue or make use of our 15 seat minibus; we can pick you up and then drop you back at your chosen destination.

All technical and safety equipment as well as waterproofs and boots will be supplied by Capro where necessary.



"Would do it again! Good to have the support of team mates. It was challenging. Very enjoyable and great fun thanks"