

Elite Training



Training today
for your future



Adventure Team Building for Personal and Corporate Development

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Essex Coast Ropes & Assault Course - Essex Coast Ropes & Assault



"The challenge for every organisation is to build a feeling of oneness, of interdependence on one another ... because the question is usually not how well each person works, but how well they work together."

Vince Lombardi.

Do you want effective teamwork?

We believe that you should enjoy learning. Hence we have designed fun team building activities for team development.

Choose from our wide range of team building activities. We can arrange for teams to compete against each other or try them out at their leisure.

Most of our activities can be undertaken by 'office fit' people and you do not need any particular skill or ability, but please come prepared to enjoy yourself.

This booklet gives details of our team building activities. We will adapt the duration and content of each event to meet your objectives.



"I just wanted to drop you a line to say a BIG thank you for a wonderful day, professionally organised by yourself and your staff. All members of staff enjoyed the day and found it very rewarding."

J. Cogan - ELSBC

For team development we recommend assigning a coach to teams. This coach will help participants to:

- Find out how they perform as a team member
- Recognise what skills and abilities they have
- Understand then requirements for effective corporate teamwork.
- We will make links from your teams' experiences to your business objectives.

Essex Coast Adventure Activities

Close to the sea in Essex, the centre is set in approximately 62 acres of well-maintained grass fields.

Facilities include dining rooms, a main hall which is used for discos etc, with licenced bar available on request.



High Ropes

Take the challenge of walking along the catwalk 8 meters off the ground or maybe take the leap of faith from the Trapeze.

You can even work alongside your friends attempting the Jaccobs ladder or the All aboard.



Our policy is 'Challenge by Choice'. If delegates express an interest to try more adventurous activities they can do so.

No one is forced to undertake any activity against their wishes and peer pressure is not permitted.

Teams must work together to reach the top. Encouragement and support from colleagues leads to a great sense of achievement.

"Just thought I'd drop you a line to say thank you for being so accommodating yesterday. The feedback about the day was excellent. They thoroughly enjoyed themselves."

Jo Amand



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Aerial Runway

A cable suspended 10 meters high and 100 meters long! You will be harnessed in at the top travel at high speed along the cable until you are stopped at the bottom and you will want to do it all over again.



Climbing and Abseiling

No rope course would be complete without a climbing wall. You can choose from the easy to the most difficult route.

You can see by the number of ropes that you will be well secured.

There is also the fun option to abseil down.



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Assault Course and Caving

Working together, groups take part in the challenge of finding their way through the maze of tunnels in complete darkness. Then it is onto the Assault Course for a series of challenges where participants will have to work as a team to complete the tasks.

With this event we can make the challenges more difficult by adding a range of further problems to face throughout the activity.



Low Ropes Course

You won't miss out if you don't like heights. Our low ropes course and teamwork activities are fun for all teams.



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Canoeing

An excellent fun water sport for all to take part in.

Groups will be provided with all the relevant safety equipment and a safety induction before taking to the water.



Orienteering

There are permanent orienteering courses set up in the extensive grounds. These can be completed as a separate activity or combined with our team building activities.



Mountain Bikes

Although Mersea is not very hilly!! Bikes are a great way to see the island. There are many cross country routes as well as beaches to ride on which offer stunning views and places of interest along the way.

We can also offer the more advanced groups the opportunity to go off road at Friday Woods which would be challenging but fun experience.



Archery

With the care and guidance of our qualified instructor team we enable participants to learn the basic skills to use the equipment correctly to maximise results.



It's A Knockout

This includes a range of up to 10 games. All are used to emphasise teamwork skills with lots of fun elements mixed in.

Try and conquer the water tower, or reach the top of the slippery slide. Test your combat skills on the gladiators or pillow fight! Or maybe you think your driving skills are up to the crazy bike or mini grand prix challenges.



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"First and foremost thanks for your great part in the recent "Daredevils" weekend training. It was I believe a great success.

I was encouraged by my directors to give a presentation to the rest of the company on Tuesday Lunchtime. Lloyd gave the presentation which was "Picture rich" full of praise for the whole event. The result of this is that I have been instructed to get on immediately and book the next one."
K. Willingdale - Laser-Scan

Do your staff really perform as a team? Are your team leaders and managers aware of their role?

We will ensure your staff understand the benefits of working as a team and be more cost-effective and productive.

Our team building events are ideal for building a new team or developing an existing team. It allows team leaders to discover more about themselves and their team.

Your team will not be forced into a set programme. We will tailor the activities to the requirements of your company and its staff.

Please let us know the type of activity you prefer, the number of delegates, and what you would like to achieve from your team building event. We will suggest a programme for you and quote a realistic price.

Here are some of our satisfied clients who appreciate our experience in training and enjoyed our team building activities:

- Archant
- BBC
- Bechtel
- Bernard Matthews Foods
- Bio Products Laboratory
- BT
- Castrol
- Compass Group
- Deloitte & Touche
- Essex County Council
- Felixstowe Dock & Railway Co
- GlaxoSmithKline
- Kent Constabulary
- Marriott Hotels
- Masterfoods (Mars)
- Ministry of Defence
- Nationwide B.S.
- NHS
- Roche Pharmaceuticals
- Sainsbury's Supermarkets
- Smith & Nephew

"It is never too late to be what you might have been."

George Eliot

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