

# TEAM

## Challenge Course

*Building Trust, Collaboration, and Creativity*

## TEAM BUILDING for Collaboration and Creativity

Team building is a fun-filled and energizing way for groups to learn how to work effectively with one another. This eye-opening experiential program presents teams with a series of physical challenges and mental puzzles to solve together, shedding light on group dynamics such as trust, teamwork, communication, decision-making skills, and problem-solving ability. Team dynamics and real-life issues become clear through the metaphors of the course elements, suggesting new ways to solve old problems. Participants can then carry their observations back to their everyday lives, where they can apply what they've learned. This half-day or one-day program is customized to meet your objectives, and can be conducted at CEO's private conference facility or at a location of your choice.



A low-ropes Team Challenge Course on the magnificent wooded grounds of our facility, The Country Place Retreat and Conference Center, can be incorporated into your program. The low-ropes course offers eight imaginative challenge elements including Spider Web, Mohawk Walk, Acid River, Trust Fall, and more. Our retreat also offers indoor meeting space, spa services, and overnight accommodations.

### Results you can expect:

- Identify and cultivate group resources, leadership, and norms of support.
- Sharpen communication, problem-solving, and decision-making skills.
- Create a sense of commitment, accountability, and trust.



For more information, contact Creative Energy Options, Inc. at The Country Place Retreat and Conference Center  
570-636-3858 or e-mail [info@ceoptions.com](mailto:info@ceoptions.com).