



Traidhos Corporate Team Building Programmes

Chiang Mai, Thailand

We cater to small groups of corporate participants (15 to 25 people)
Build a high performance team...

Are you looking for an organization that you can trust to provide a solution to boost employee morale and team productivity in a safe, quiet and natural setting? Or do you want a space to reflect and strategise with your team with some group activities? If so, then you have come to the right place! Take a look at the Traidhos Corporate Team Building Programmes.

At Traidhos Three-Generation Community for Learning, we offer a varied menu of team-building options for small businesses to develop their team's ability to work together or to combine with meeting room sessions for visioning or strategic planning activity.

Our Corporate team-building programmes aim to equip your employees, co-workers and associates with the skills to work together effectively, confidently and efficiently, therefore increasing staff bonding, as well as company productivity and work satisfaction. The programmes we offer are custom-made to meet your specific needs.

We can structure courses to suit junior or new staff who have not worked together before, as well as team leaders up to senior management level. We like to work with a mix of all levels of staff from your company to promote greater understanding and trust throughout the workforce.

Corporate Team-building courses run from two – five days and can be scheduled to fit your calendar. For multi-day courses we will establish the fundamental skills for a team to work together, then move on to preparing the group for an adventurous expedition or team community service project, or both.

Finishing the course with an expedition or project where group support is essential for its successful completion, reinforces real-life situations and solutions to the challenges faced and overcome.

To complement our courses we have a range of other facilities available to participants:

- Residence and Spa with swimming pool
- Standard accommodation
- Conference facilities
- Bicycle hire, gym and weights room
- Golf range and tennis courts
- Medical Center and transportation to town

Basic 2 day package (please refer to the corporate team building booking form):

- Choose 2 activities from section A team building
- Choose one activity from section B activities to participate in together or an additional 2 activities from section A

Meeting room:

Traidhos offers simple meeting room facilities for small groups, a large room that can be partitioned to provide smaller break out rooms. Meeting room is complete with sound system, projector, wifi. Furniture can be arranged lecture style or in clustered tables for small group discussion.

Restaurants:

- Eat at The Club
- Dine at ML Tri's Krapood Kitchen
- BBQ at the campfire circle
- Off campus



Activities include:

- Low ropes course
- High wall challenge
- Climbing wall with abseil route
- Raft building
- Orienteering and trekking
- Team cooking
- Biking and kayaking team adventures

In addition to these we have a wide range of other team-building challenges on campus that are designed to highlight and develop key aspects and essential skills for working together. All activities will be supported and fully debriefed using a range of feedback techniques and theory.

On completion of your team-building course you can expect to see a marked improvement in the way that the members of your company interact with each other at all levels and in every situation. This is achieved by looking closely at the following key areas:

- Effective communication skills
- Essential roles within a team
- Leadership skills and team co-operation
- Trust and respect
- Self-confidence and motivation
- Problem solving and goal setting
- Feedback and improvement methods



Corporate Team Building Sample Agenda (two-day program)

- Day 1:**
- 10.00 – 12.00 Low Ropes and High Wall Challenge with discussion and processing
 - 12.00 – 13.00 LUNCH
 - 13.00 – 14.15 Raft Challenge
 - 14.15 – 14.30 Tea BREAK
 - 14.30 – 16.30 Company planning time in meeting room or Mountain bike ride
 - 17.00 – 18.00 Swim, jogging rest and relaxation
 - 18.00 – 19.00 Dinner (optional time in the campfire circle)
- Day 2:**
- 8.00 – 9.00 Cardio tennis
 - 9.30 – 13.00 Rustic cooking on the farm (including lunch)
 - 13.00- 15.00 Team challenge
 - 15.00- 17.00 Tea BREAK and final discussion



For more information contact:
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Email: lyndar@threegeneration.org Phone: (+66) 053 301 500
Website: www.threegeneration.org
Facebook: www.facebook.com/TraidhosTeamBuilding



Corporate Team Building Booking Form

Traidhos Three-Generation Community for Learning
234, Moo 3, Huay Sai, Mae Rim, Chaing Mai 50180 Thailand Tel. +66 (0)53 301500
www.threegeneration.org

In order for us to provide you with a proposal for a Team Building event, please tell us about your particular requirements. You are kindly requested to fill in this form and return it to us at e-mail adamp@threegeneration.org or fax number +66 (0)53 301 507.

COMPANY DETAILS

Name (*):	
Company Name (*):	
City (*):	
Country (*):	
Email (*):	

(* Required fields)

Job Title (*):	
Address:	
Postal Code:	
Tel (*):	
Fax:	

ABOUT YOUR GROUP

I would like to book days team building package
(minimum 2 days/1night)

Date of event (DD/MM/YYYY):

Estimated budget (per person) Baht

Number of participants:

Estimated budget (total) Baht

RESERVATIONS

Please select from the following and let us put together a multi-day package to meet your needs. (Due to the seasonal availability of some activities, please indicate your choices in order) :

Section A: Team building activities

Activity	session length	Activity	session length
<input type="checkbox"/> Climbing wall	2 hours	<input type="checkbox"/> Raft building	1.5 hours
<input type="checkbox"/> Low Ropes	1 hour	<input type="checkbox"/> Team Building designed to develop aspects of working together	2 hours
<input type="checkbox"/> Real life mini-expedition in surrounding countryside - depends upon needs when we customise your expedition			

Section B: Activities to enjoy together

Activity	session length	Activities to enjoy together	session length
<input type="checkbox"/> Thai cooking course	4 hours	<input type="checkbox"/> evening campfire	3 hours
<input type="checkbox"/> wood oven cooking	4 hours	<input type="checkbox"/> mountain biking	3 hours
<input type="checkbox"/> rustic "jungle"cooking on the farm	4 hours	<input type="checkbox"/> cardio-tennis	1 hour
<input type="checkbox"/> orienteering	2 hours	<input type="checkbox"/> running/on campus biking/pool	1 hour
<input type="checkbox"/> golf instruction	3 hours	<input type="checkbox"/> other activities	

Section C: Off-campus activities

- zip wiring
- kayaking
- rafting
- cultural visits
- other off-campus activities

Arrangement and Facilities

Accommodation: On-site superior rooms (2 persons/room) can be arranged at special rates at Traidhos Residence www.traidhos-residence.com

Any special requests: _____

Meals

Meeting room(s)

Traidhos offers simple meeting room facilities for small groups, a large room that can be partitioned to provide smaller break out rooms. Our meeting room is complete with sound system, projector, wifi. Furniture can be arranged lecture style or in clustered tables for small group discussion.

Transportation: Own/Company Chiang Mai airport pick up required Van rental needed for off-campus excursion

Any special requests: _____

Thank you for your interest in our Team Building Activities!