



Team Building and Leadership Program



Welcome to ABC Team Building and Leadership Programs! Our programs are designed to foster essential skills in communication, problem-solving, and social-emotional development through engaging and interactive activities. Students will enhance their leadership abilities, build effective teamwork, and boost their confidence by participating in physically and mentally challenging exercises. Our ropes courses, which are central to the program, offer hands-on experiences that promote leadership development, improve decision-making, and underscore the importance of clear communication, trust, and support. These skills are crucial for roles such as resident assistants, orientation leaders, and club leaders.

Our program is adaptable to meet the needs and abilities of each participant, ensuring everyone benefits from the experience. We aim to provide a safe, inclusive environment where students can grow and learn through adventure and teamwork. Should you have any questions or special requests, please do not hesitate to reach out. We look forward to a successful partnership and an exciting journey with your students!

Courtney Weaver

Adventure Base Camp Director

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**Adventure Base Camp
223 Scituate Ave
Cranston RI, 02921**

**Camp Yawgoog
61 Camp Yawgoog Road
Rockville RI 02873**



Team Building and Leadership Program



We are excited to welcome you to ABC Team Building and Leadership Programs! We look forward to partnering with you to provide your students with an enriching and transformative experience.

Our team building and leadership programs are designed to cultivate essential skills in communication, problem-solving, and social-emotional development. Through engaging activities and interactive challenges, students will:

- **Enhance Leadership Skills:** Participate in ropes courses and hands-on experiences promoting leadership development, confidence, and decision-making.
- **Build Teamwork:** Engage in group activities that foster cooperation, trust, and effective communication.
- **Improve Problem-Solving Abilities:** Tackle physically and mentally challenging obstacles that encourage innovative thinking and strategic planning.
- **Boost Confidence:** Experience personal growth through overcoming challenges and achieving goals.

Program Highlights

- **Ropes Courses:** Our ropes courses offer physically and mentally challenging activities that are proven to enhance leadership skills. By navigating obstacles, students learn the importance of clear communication, trust, and support—skills essential for roles such as resident assistant, orientation leader, and club leader.
- **Adaptability:** Our program is designed to be flexible and accommodate each participant's unique needs and abilities, ensuring a valuable experience for everyone involved.

What to Expect

- **Interactive Activities:** Fun and engaging exercises that promote teamwork and leadership.
- **Outdoor Adventures:** Exciting challenges that build resilience and adaptability.
- **Leadership Development:** Sessions focused on cultivating decision-making, empathy, and goal-setting.

We are committed to providing a safe, inclusive, and impactful experience for your students. If you have any questions or specific requests, please feel free to reach out. We're here to support you and ensure that this program is a memorable and valuable part of your students' growth journey. We look forward to an exciting and successful partnership!



Team Building and Leadership Program



Adventure 1:

Dive into Adventure 1 Teambuilding and leadership, a 3-hour program at ABC or Camp Yawgoog, where fun meets growth! Perfect for groups looking to:

- Boost Teamwork
- Supercharge Communication
- Build Rock-Solid Trust
- All participants must be 6+ years

Engage in thrilling low-impact activities that spark collaboration and creative problem-solving. Step out of your comfort zone, make new friends, and forge lasting connections!

Adventure 3:

At Camp Yawgoog, Rockville, RI, Adventure 3 is your ticket to an unforgettable experience! This full-day 6 hour program is perfect for college students ready to:

- Level Up Leadership Skills
- Push Your Limits
- Unite as a Team
- Day Highlights:

Morning: Energizing Ice Breakers, Fun Field Games, and Low Ropes Challenges

Afternoon: Conquer the High Ropes Course with Rock Climbing, Rappelling Giant's Ladder, and the thrilling Zip Line!

Adventure 2:

At Camp Yawgoog, Rockville RI This 4 hour program is all about:

- Mastering Problem-Solving
- Sharpening Decision-Making Skills
- Elevating Team Dynamics
- All participant must be 6+ Years old

Get ready for a day packed with advanced low ropes courses, team challenges, and outdoor excitement designed to supercharge your leadership abilities!

Philosophy:

Challenge by Choice:

All activities in the program operate on the principle of "Challenge by Choice." Participants are encouraged to try new things and push their limits but are never forced to participate in any activity they are uncomfortable with.



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Adventure 1:

Our Low Course Team Building program is designed to enhance group social skills by promoting teamwork, communication, and trust. Participants engage in various low-impact activities that encourage collaboration and problem-solving, helping to build strong connections and a supportive team environment. This program is perfect for fostering personal growth and improving social dynamics within the group, all while having fun and stepping out of comfort zones. Whether you're looking to strengthen relationships or develop new skills, our Low Course offers a unique and enriching experience for everyone involved.



Goals:

- Communication Skills
 - Encourage clear expression, active listening, and understanding non-verbal cues.
- Problem-Solving Skills
 - Develop critical thinking, teamwork, and resilience in facing challenges.
- Social and Emotional Skills
 - Promote empathy, self-regulation, and building positive relationships.

Groups Rates:

15 Participants- \$375

30 Participants -\$750

45 Participants - \$1125

60 Participants - \$1500

100 Participants - \$ 2500

Frist time School - Free program up to 50 participants

*Pricing is subject to change based on Program modification and Group needs.





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Adventure 2:

Adventure 2 is based at Camp Yawgoog in Rockville, Rhode Island. Building on the Adventure 1 skills, this program adds an aerial dimension. Participants will work on communication skills and build trust as the groups navigate challenges like the Rock Climbing and Rappelling Giant's Ladder, V It's an adventure to strengthen teamwork, push limits, and make unforgettable memories. Join us at Camp Yawgoog for an exhilarating journey in the air! All participants must be 11 or older.



Goals:

- Advanced Communication Skills
- Enhance clarity, active listening, and leadership in group communication.
- Complex Problem-Solving Skills
 - Tackle challenging scenarios with innovative thinking and strategic planning.
- Enhanced Social and Emotional Skills
 - Deepen emotional intelligence, empathy, and conflict resolution.
- Aerial and Technical Skills
 - Develop advanced skills in rock climbing, rappelling, and risk assessment.
- Self-Esteem and Goal Setting
 - Boost confidence and help participants set and achieve personal and group goals.

Groups Rates:

up to 12 -Participants- \$1200

up to 24 Participants -\$2000

up to 36 Participants - \$2800

up to 48 Participants - \$3600

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Adventure 3:

Adventure 3 is an immersive, full-day team-building program designed for college students, combining the best elements of Adventure 1 and Adventure 2. The day begins with a series of ice breakers, field games, and low ropes course challenges to foster trust, enhance communication skills, and build camaraderie. After a lunch break, participants transition to the high ropes course, where they have the opportunity to climb and navigate through various high elements, culminating in a thrilling zip line ride. Adventure 3 is based at Camp Yawgoog.



Goals:

- Build trust among team members.
- Improve communication and collaboration skills.
- Enhance problem-solving abilities.
- Foster a sense of camaraderie and team spirit.
- Encourage personal growth and overcoming challenges.

Groups Rates:

6-18 Participants- \$1200

19-30 Participants -\$2000

31-42 Participants - \$2800

43-54 Participants - \$3600

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