



**BRITISH FORCES FITNESS TEAM BUILDING EVENTS**

## *Corporate & Team Building days*

### Introduction

British Forces Fitness are unlike any other teambuilding or fitness company, all our instructors are full time serving Soldiers and Airman. We have vast experience working in a variety of climates and situations whilst on military operations worldwide. We have first hand experience on the importance of team work and personnel communication skills.

Our instructors have spent several years training Army and Air Force recruits and officers as well as various cadet forces, brownies and scout groups.



# *Corporate & Team Building days*

Why choose us?

Our school team building events offer fun and learning for everyone, regardless of age, gender, level of fitness or physical ability. Our unique team building activities will help pupils form new friendships and strengthen existing ones. Our exciting, enjoyable and stimulating command tasks are designed to promote teamwork and improve communication skills between individuals.



## Teaching approach

Our philosophy is that training must lead to effective learning and the desire to apply that learning when back in a classroom environment. We believe that pupils learn most effectively when they are relaxed, motivated, engaged and energised. To achieve these attributes we ensure that training is fun, interactive, contemporary, inspirational and most of all, memorable.

Our flexible approach means we can adopt to suit your schools objectives. Our charismatic and inspiring instructors take great pride in their work and ensure the key training points are understood.

### The primary elements of our Team building events are:

- Communication skills
- Confidence building and self belief
- Respect for others
- leadership skills
- Encourage creative thinking
- Team cohesion
- Understanding and trust
- Personal Integrity



## Team tasks

Our flexible events can be held outdoor or indoor or even a mixture of the 2. Groups are encouraged to work as a team to complete the various tasks within a set time frame. The team building events are designed to highlight effective communication and leadership skills and develop interpersonal relationships.

The team tasks are based around adventurous activities and logic tasks which are completed during the session, they are fun yet demanding. The emphasis is as with all our events is on fun but teams take on a competitive edge and compete against their peers. An optional evaluation highlights the teams performance throughout the session. This gives a greater understanding of the primary elements that have been taught throughout the session and gives pupils the opportunity to reflect on their actions, and identify modifications which will improve future personal performance.

We offer a variety of events and the right approach will depend on your schools objectives.



## Price guide

Teambuilding session price per pupil is £5 per hour.

Minimum group size is 20 pupils per session; Maximum group size is 35 pupils per session.

Please note, the above prices are a guide only, if you would like to find out more about the services British Forces Fitness can offer your school, then please email for more information.

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Alternatively please visit our website

[www.britishforcesfitness.com](http://www.britishforcesfitness.com)