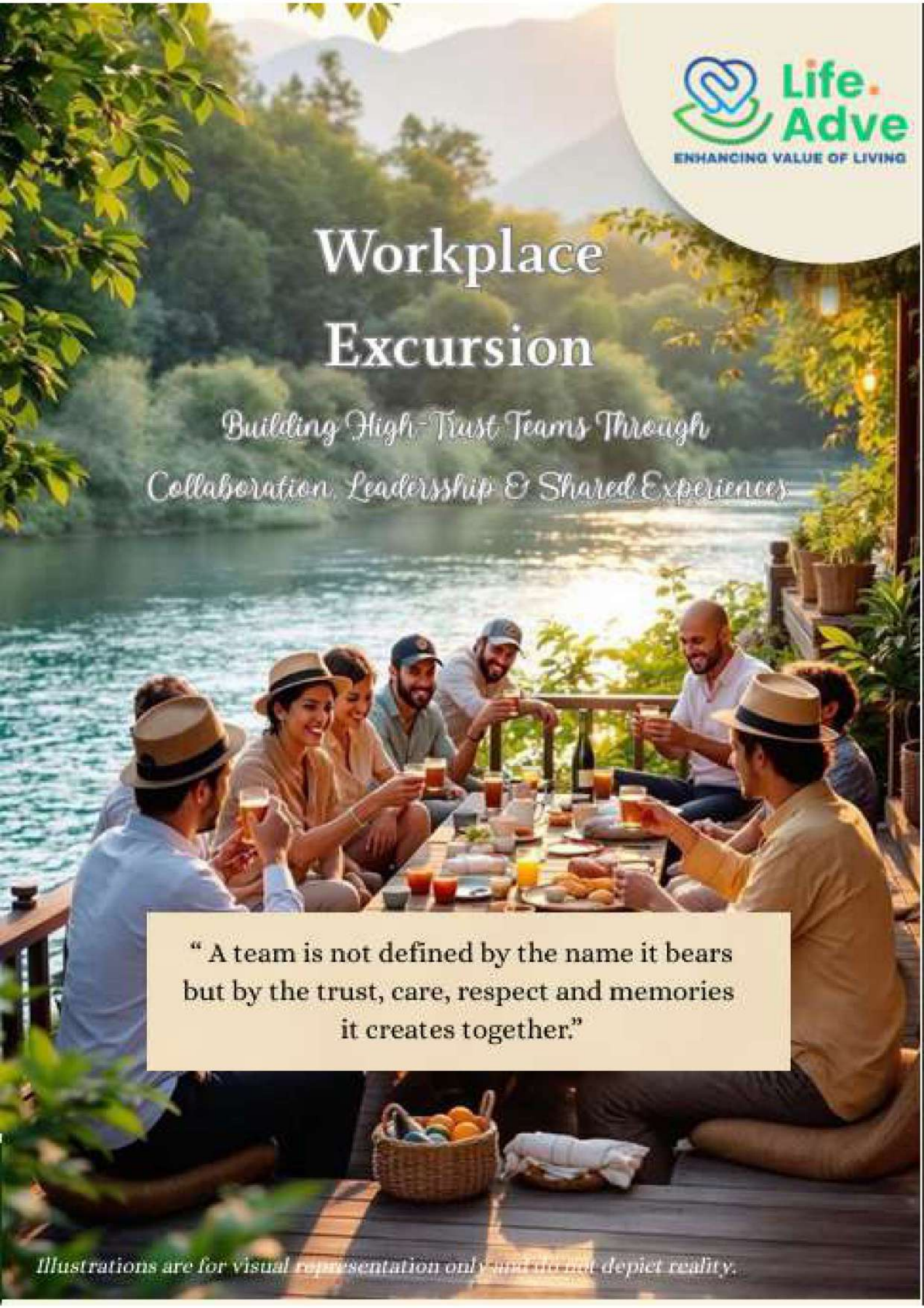

Life.
Adve
ENHANCING VALUE OF LIVING
Workplace
Excursion
Building High-Trust Teams Through
Collaboration, Leadership & Shared Experiences
" A team is not defined by the name it bears
but by the trust, care, respect and memories
it creates together."
Illustrations are for visual representation only ..... depict reality.

OVERVIEW

Organizations invest heavily in technical skills, systems, and technology, yet one of the greatest determinants of workplace success remains human relationships.

The LifeAdve Workplace Excursion is an experiential team development program that combines Adventure Therapy, Experiential Learning, Leadership Development, Emotional Intelligence, and Nature-Based Learning to strengthen workplace relationships.
Instead of learning teamwork in a conference room, participants experience it through real challenges that require communication, trust, problem-solving, adaptability, and leadership.
The excursion helps teams move from working together to growing together.

Excursion Profile

- **Objective**: Build trust, communication, collaboration & leadership
- **Focus:** Teamwork • Emotional Intelligence • Conflict Resolution • Resilience
- **Participants**: Corporate, NGO, Government, Education & Healthcare Teams
- **Age**: 21+
- **Group Size**: 15–80 participants
- **Duration**: 1 Day • 2-Day Retreat • Residential Camp
- **Venue**: Nature Camps • Resorts • Eco-Parks • Outdoor Retreats
- **Difficulty**: Easy–Moderate • Customised for the group
- **Facilitators**: LifeAdve Facilitators • Adventure Instructor • HR/L&D • Psychologist (optional)

Excursion Flow



SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES

1

LEADERSHIP NAVIGATION CHALLENGE



RELATIONSHIP SKILL

Leadership • Communication • Decision-Making

2

BRIDGE OF COLLABORATION



RELATIONSHIP SKILL

Teamwork • Planning • Resource Management

3

COMMUNICATION WITHOUT WORDS



RELATIONSHIP SKILL

Communication • Empathy • Understanding

WHAT PARTICIPANTS TAKE BACK

- Stronger Relationships
- Better Communication
- Greater Trust
- Improved Collaboration
- Leadership Confidence
- Resilience & Adaptability
- Renewed Motivation

Additional Experience Areas

- Team Building Games & Icebreakers
- Nature Walks & Mindfulness Moments
- Reflection & Journaling Sessions
- Appreciation Circle
- Problem-Solving & Innovation Tasks
- Conflict Resolution Role-Plays
- Storytelling & Sharing Circle
- Gratitude & Recognition Practices
- Strategy Planning & Goal Setting
- Celebration & Closing Ritual

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Take Away Kit

- LifeAdve Nature Reflection Journal
- Nature Observation Checklist
- 30 Nature-Based Mindfulness Activities
- Gratitude in Nature Cards
- Family Nature Adventure Guide
- 30-Day Nature Connection Challenge
- Personal Eco-Wellness Planner
- Nature Photography Reflection Activity



Ideal For Organization

Corporate Companies

Government Departments

NGOs & Social Sector

Educational Institutions

Startups & Entrepreneurial Teams

Healthcare Teams

Project Teams

Leadership Development Programs

Expected Outcomes

- Experience lower stress and greater emotional calm.
- Improve mindfulness and emotional regulation.
- Develop a stronger connection with nature and self.
- Increase gratitude, patience, and resilience.
- Enhance creativity, observation, and reflection.
- Build healthier personal and interpersonal relationships.
- Adopt sustainable habits that promote both personal well-being and environmental responsibility.

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