



TEAM BUILDING AND CORPORATE WORKSHOPS

2020 Programs at the Interlaken Inn



Team Olympics

An exciting way to enhance camaraderie within your company, the Team Olympics activity involves numerous tasks for your players to challenge themselves with.

Be prepared to be taken out of your normal day to day element! Interlaken coordinators will divide your group into teams who will then devise a team name, create a Team Flag and Chant, and then it's off to the first activity. Team Olympics can be customized to suit your group's needs taking into consideration the amount of time your agenda allows (Team Olympics requires a minimum of an hour and a half). At the finish, Interlaken Coordinators will award medals based not only on who the winning team of each activity as well as a Team Spirit Award!

Sample Tasks: Canoe Race, "Dizzy, Izzy" Bat (Yes, the traditional version!), Interlaken Tug of War, Ping Pong Ball Challenge, The Burlap Hop, Frostbite and Twisted Dodgeball.

Groups of 10 to 75 | \$65++ per person



Culinary Challenge

You've seen the various Culinary Reality Shows on television, now put your group's culinary expertise and ability to work together to the test!

The group is divided into teams at the beginning of the challenge and given a work station with limited ingredients and one secret ingredient available to all.

They are asked to don their aprons and devise a two course menu which they will then have to cook together as a team within a limited amount of time. As any Chef knows, the kitchen is an ever-changing environment - you never know what challenges may be presented to overcome as a team.

While cooking they are judged by our Chef and Management Team on creativity, use of ingredients, plate presentation, taste and teamwork.

Groups of 10 to 75 | \$75++ per person



Radical Race

Perfect for groups ranging from 10-100, the Radical Race motivates individuals with tasks such as a culinary challenge, a blind wine tasting, tent building and much more!

While searching for clues and performing tasks, team members must work together using their skill and knowledge to solve riddles and problems. The Interlaken Radical Race has proved to be a great way to build strong relationships between team members.

The Radical Race exercise can be designed to suit your group's needs, taking both your time and agility into consideration.

Groups of 10 to 100 | \$50++ per person





Photo Safari

The Interlaken's Photo Safari is the most fun you can have - and still call it team building. This interactive event stirs competition between teams, and builds camaraderie among individuals.

Each team is provided a digital camera and a list of items, locations and 'scenes' around the resort's property. The task - to work cooperatively to find and take a photo of their team interacting with the location or item within 90 minutes.

At the end of the Safari we conclude by viewing each team's photos and deciding as a group whether they get the points and the team with the most points wins! The photos get put onto a CD for your group to take back to the office.

Approximately 1.5 hours in length.

Groups of 10 to 75 | \$45++ per person



Rafting Expedition

Problem-solving, negotiating, time-keeping and observation skills are all needed to complete this activity - but most of all you need to want to have fun!

A team consists of 6-10 people each and they are responsible for building a water-worthy raft able to stay afloat with participants aboard.

We provide all the items necessary; however, teams must bargain and perform tasks to acquire their items from our "Raft Trading Post". Once the trading is completed, teams will assemble their rafts and name their vessel.

The final portion of this exercise is to test the crafted rafts at our gorgeous lake front! Each team will select three crew members to race against the other teams. Of course our judges will have medals and special awards to be handed out at the completion of the race.

Groups of 12 to 75 | \$55++ per person





Praxis Engagement Workshops

with Mary B. O’Neill, Ph.D.

With Praxis Engagement, cultivating and sustaining meaningful employee engagement in your organization can be a fun and interactive learning experience. Dr. Mary B. O’Neill is an award-winning college instructor, organizational trainer and career coach, entrepreneur, and writer. With a doctorate in philosophy, she combines cutting edge theory and practice on relevant workplace issues with other disciplines, including philosophy, psychology, neuroscience, and literature. The result is an engaging workshop where participants leave better able to bring their work performance to the next level and gain deeper insight into their own human experience.

All Praxis Workshops: 35 person minimum | \$59++ per person | Duration: 2 hours



Improving Professional Communication

It’s not communication if you’re not being heard or understood. This workshop focuses on the importance of effective communication in the workplace. It allows participants to explore where they are on their own communication continuum, what kinds of communication are most pertinent to their roles in an organization, how this genre differs from others we employ in our lives, impediments to speaking and writing well, and simple hacks to greatly improve the clarity, structure, and accuracy of our communications.

Depending on group size, this can include a private coaching session that examines an employee’s previously produced writing sample. These one-on-one sessions can unearth individual strengths, impediments, and solutions to effective communication.

Cultivating Purpose in the Workplace—and Out

Humans need to believe their work, however defined, has meaning. This workshop is a multi-disciplinary investigation into purpose at work and everywhere else. Increasing a sense of purpose or “skin in the game” is critical to employee engagement, satisfaction, and retention. Participants will explore why purpose is so important to us as human beings, how it can enhance performance and well-being, and realistic individual actions they can take to enhance and sustain a sense of purpose in work and life.



Happiness Hacks for Living Well

Happiness is more than an emoji! This workshop emerged from Dr. O’Neill’s oversubscribed college course on the subject. In a short span of time, participants will explore definitions of happiness and well-being, be exposed to theories and best practices about happiness from multiple disciplines, examine their own lives through the lens of an appreciative inquiry model, and learn life hacks or baby steps to take them along their own personal continuum from less happiness to more.

Any Given Monday: Behavioral Ethics in the Office

Unethical behavior costs an organization money and reputation. Yet it happens and good people do bad things. In this workshop, participants will explore ethical theories (yes, there will be a small dose of philosophy), research in neuroscience and psychology that impact ethical behavior and the incremental nature of unethical acts. We’ll explore ethical blind spots we all share and how to be more mindful of them so we can set up structures in our organizations and lives to limit their occurrence.



Executive Leadership Skill-Building Programs

Beyond the Ropes

All the benefits of a low ropes course without the restrictions! The activities below simulate low ropes course elements, but trees and cables aren't necessary. As an added bonus, most challenges can be done indoors or out and therefore all year long. You only need a flat grassy field or suitable indoor space at Interlaken, some brainstorming and creative thinking by your team members, and the desire to have a challenging fun time!

- Chasm Crossing
- Portable Spider's Web
- Beach Ball Blast
- Cat's Cradle
- Balloon Chair Challenge
- Ski Trek

\$75++ per person for groups of 25 or more
Smaller groups are individually priced



The "Pit Stop" Track Program

This exciting team building program at Lime Rock Park is offered exclusively by the Interlaken Inn.

It may be difficult to focus at your morning meeting at Interlaken, but work must be done before play. When your morning session at the Interlaken is over, our staff will deliver a deli lunch to each team as they begin to work on developing their Team Logo (also known as Livery) that will be placed on their

race car and judged for neatness and creativity. There is one hour to complete this task – and that includes eating – so use your time wisely. Your group will then head to the Lime Rock Park Chalet and the next set of tasks begins. Once the requirements are met and the car is ready to go, let the driving on the Autocross begin!

8 person minimum | \$450++ per person Mon - Fri | \$525++ per person Sat - Sun | Insurance and use of Miatas included

Leadership in Motion

The fast paced environment we work in leaves little time for reflection. Gilman Performance Systems, Inc. and Interlaken Inn have partnered to bring you Leadership In Motion, a powerful leadership development workshop. This exciting new program focuses on the specific tools and experiences that successful leaders need for themselves, their teams, and their organizations to succeed in the chaotic, ever changing, often unpredictable world in which we work and live.

Participants will drive racecars at Lime Rock Park track to experience true Leadership In Motion, focusing on the immediate, as well as the curves down the road. The program affords participants practice to be a high performance leadership engine in a highly competitive environment, while maintaining a calm and focused mind steady at the wheel.

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