

## THE ROCK BLOK, RUTLAND



### COURSE DESCRIPTION

Want a fun day or weekend away with a focus on team building, leadership development and self-awareness? Why not try our leadership and development course in Rutland. The Rock Blok is a purpose built activity centre located on the north shore of the beautiful Rutland Water reservoir near Oakham in Rutland. The centre provides an excellent base for a leadership and development course providing a 30ft climbing tower and 30ft high ropes course. Immediately adjacent to the centre is water sports facility which gives access to the reservoir for raft building activities.

Venture Force will provide fully qualified leaders to help your team achieve more from the course. We also want you to have fun!

**Please note:** This is an example course and we would be happy to discuss variations on a theme to help you get out of it what you want. The learning outcomes and focus can be adjusted dependent on your needs.

### THE NUTS AND BOLTS

**Location:** The Rock Blok, Whitwell Leisure Park, Bull Brigg Lane, Whitwell, Oakham, Rutland LE15 8BL

**Cost:** Please ask us for a quote, the cost will depend on the number of participants and activities.

**Timing:** Can be completed over a weekend or on two consecutive weekdays (or longer).

**Food and drink:** Food and drink for the entire course will be provided. Food could be provided by an outside catering company.

**YOUR ADVENTURE IS WAITING...**

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## EXAMPLE PROGRAMME OUTLINE

### MEET & GREET

The team will be met by our Venture Force Leaders and the Venture Force Course Director at The Rock Blok. The course director will welcome the teams to the site and will provide a comprehensive briefing. The team will then be divided into a number of teams before passing them into capable hands of our leaders and facilitators

### ACCOMMODATION

Teams will be accommodated in two person tents which will be pitched close to the centre on the shores of the stunning reservoir. There are male and female toilets on site but no showers. Meals can be provided by outside caterers and all meals (weather permitting) will be eaten outside.

### ACTIVITIES

#### Rock Climbing

Providing a whole range of climbing activities the purpose built climbing tower is perfectly suited to our needs, providing climbs of varying difficulty. The Rock Blok centre staff plus the Venture Force Leaders will use this facility to test individuals and the team as a whole. The climbing will include peer belaying meaning that the climber must trust their colleagues to keep them safe.

#### High Ropes Course

Once again this purpose built structure is ideal for team building and personal challenge. Using a range of specially selected tests including the 'bucket of water challenge' the Rock Blok centre staff plus the Venture Force will use this facility to test team work, communication and determination.

#### Raft Building

On the shores Rutland Water, the teams will undertake a rafting challenge. Having been coached in the correct methods of raft building each team will be given challenges which will test their construction techniques, team work and leadership skills.

#### Team Building Challenges

In addition to the aforementioned activities, we would be happy to plan additional challenges and games which are designed to test and develop skills such as team work, communication, listening, self-awareness, values and leadership. These could also include activities such as shelter building and fire lighting.

## WHAT ARE YOU WAITING FOR?

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