



CORPORATE GROUPS  
TEAM BUILDING AND TRAINING



Blue Mountain Resort is excited to partner with one of Canada's leading team building companies; Summit Team Building. Connect, grow, and learn together in a fun and memorable way by integrating a unique team building program or training & development workshop into your agenda. Summit programs are energizing and engaging and will foster positive relationships, rejuvenate your team, enhance team skills, and make your Blue Mountain Resort experience simply unforgettable! With some modification almost all of our team building programs can be delivered in a physically distanced, safe manner. Our skilled (and fully vaccinated) facilitators will be there to guide your participants throughout the experience, ensuring that each participant is engaged, following guidelines, and having an enjoyable experience.



## Team Building

Summit's team building programs seek to find the perfect intersection of fun, adventure and shared experience, with an eye toward lasting results. Ideal for large groups and small, our programs can be a perfect energizer during a conference, a great kick off to a training day or a maintenance session to help keep your team on track.



### BLUE MOUNTAIN Quest

This adventure race is a popular choice for corporate groups. It combines cryptically worded or photo clues, digital photography and interactive team initiatives in a scavenger hunt that will take teams exploring through the Blue Mountain Village. Teams will be energized by competition while working towards a common goal.



### BLUE MOUNTAIN Altitude Challenge

Take your team through the experience of climbing Mount Everest, as represented by the beautiful Blue Mountains. In this high-energy and extraordinary program, your team will be tested through a series of competitive challenges as they ascend through various camps and towards the summit of the beautiful Blue Mountain.



### BLUE MOUNTAIN Higher Ground

Raise the bar and watch your team exceed personal and team expectations as you take them on the Woodlot (low ropes) adventure at Blue Mountain Resort! Designed to be accessible for most participants, we'll start the program off with a few warm up exercises and discuss the importance of trust and communication on a high performing team.



Summit's president Scott Kress



### BLUE MOUNTAIN 7 Summits CHALLENGE

Is your team ready to be highly challenged in this extreme team building event? Take a trip around the world as you climb the 7 Summits at Blue Mountain Resorts exhilarating Timber Challenge high ropes course. Not only will your team be challenged by the physical climb, but also to the team skills that are required to be a high performance team.



### DESERT Survival

What would you do if you crash-landed in the middle of the desert? Imagine you have only a few salvageable items that can either help or hinder your chance for survival. Now imagine you have a team to help you with those choices. See if your team has what it takes to get everyone back to safety.



### CONQUERING Everest

Summit's president Scott Kress climbed Everest in a year that presented climbers with more obstacles than ever before. Breath-taking photos and videos will take your team from basecamp to the highest point on the planet. Along the way, they must work together to overcome a series of challenges – no one gets to the top alone. It takes a team.



### Survive OR Thrive

Through demanding team challenges, this program will identify key elements that separate teams who simply survive from those who consistently thrive. Add to this an element of Corporate Social Responsibility and you have the makings of a truly meaningful team experience.



### THE Juggling ACT

Even if you're not ready to juggle for the circus, learning a new skill always increases your brainpower and a bunch of novice jugglers adds a pretty fun element to the learning process. Picking up a few coaching skills along the way will have you and your team learning a new skill together in a surprisingly short amount of time.



### Step Up

Sometimes the best indicator of an organization's success lies beyond the bottom line and can be measured by the impact it has on the community in which it operates. Through a series of competitive challenges, teams will earn and assemble elements of a prosthetic leg destined for one of our global neighbours.



### THE Art of Team

Get that creative edge as your team produces a mosaic of collaborative artistic masterpieces. Each team member contributes unique ideas and brushstrokes. This program concludes with a stroll through the interactive Art Gallery that allows members to gain appreciation for the diverse perspectives within the team!

## Training & Development Workshops

Summit training workshops start off experientially to demonstrate the exhilaration found in great teamwork, followed by an understanding of how and why it is essential to focus on team performance. Then, using easy to apply tools and strategies, we teach teams how to gain commitment, build trust, communicate effectively and, of course, get results.



### EMOTIONAL Intelligence

Much of a person's success is based on their ability to be in touch with, monitor, and effectively manage their responses to a variety of interpersonal interactions. Understanding where we have healthy, under-functioning or even over-functioning qualities in various EI scales is the first step in becoming a more effective leader.



### Myers-Briggs<sup>®</sup> TYPE INDICATOR

Do you have differences that split your team? Do you find that you communicate quite easily with some people and have to make a real effort with others? We all have different personality styles that create these situations. Understanding your personal type and the types of others is critical in driving effective interpersonal interactions.



### OVERCOMING FIVE TEAM Dysfunctions

Building an effective team takes commitment and a deliberate, thoughtful approach from everyone involved. This workshop, based on the elegant and simple model described by author Patrick Lencioni provides an excellent framework for developing a high performance team.



### HIGH Performance TEAMWORK

Do you have a newly formed team or one that is simply looking for a tune-up? In this session you will experience high performance teamwork, understand its value and know how to intentionally achieve it at work.



### EFFECTIVE Leadership

Developing effective leaders is a deliberate and ongoing process. This program will inspire participants to set a compelling personal leadership vision, help them to assess their current reality and give them the tools they need for success.



### NAVIGATING Change

Is your team struggling to keep up with the rapid pace of change? In this workshop, we explore the link between our need for innovation and the challenge of coping with the natural responses change inevitably causes.

**More Options Available!** <https://summitteambuilding.com/training-workshops/>



## Motivational Speaker: Scott Kress

When Scott engages his audiences with his audacious tales from his Everest climb or his trek across Antarctica to the South Pole, you will be entertained and captivated by his experiences. Challenge and change were abundant, the goals were big, and perseverance and grit to overcome adversity were needed. Scott seamlessly ties his stories into reaching professional and personal goals. The tools he used to find success in his adventures are relevant for teams to achieve high performance in the workplace. Scott wears three hats in his inspiring keynotes; international adventurer and guide, inspiring storyteller, and leadership and team training facilitator with 20+ years experience and education.



### LEARNING IN Thin Air KEYNOTE

Scott is the 51st Canadian to summit Mount Everest and the 18th Canadian to climb the 7 Summits.

When Scott engages his audiences with his audacious tales from his Everest climb where challenge and change were abundant, he seamlessly ties the stories into reaching professional and personal goals. Scott's high energy and passionate delivery demonstrates that the tools he used to find success in the mountains are relevant for teams to achieve high performance in the workplace.



### ACHIEVE THE Outrageous KEYNOTE

Are you striving to achieve a big goal? As Scott Kress was skiing with his team 1000km unsupported across Antarctica to the South Pole, he was thinking to himself, "this is pretty outrageous".

In this engaging and insightful presentation, you will learn all about trekking to the South Pole, but more importantly the 7 lessons that Scott used to achieve this outrageous feat which include insights into goal setting, overcoming adversity, perseverance, and so much more.

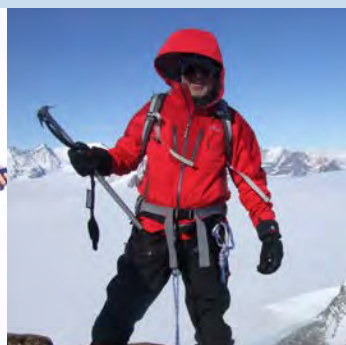


### KEYNOTE Workshop

Take either one of Scott's two keynotes and turn a one way presentation into an interactive workshop.

After consultation regarding your group's learning goals, Scott will share one of his keynotes. Along the way, Scott will stop the story and allow for small group discussions and deeper learning on various leadership models and questions based on the most relevant leadership topics and challenges your team faces. Personal action plans help to further the learning.

**Video Samples:** <https://summitteambuilding.com/video-samples/>



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