



Transforming Lives Through Adventure

To strengthen, energise and build bonds
within professional teams

ADVENTURE EXPERIENCES



CANOEING/KAYAKING



HILL WALKING



ROCK CLIMBING



BUSHCRAFT/SURVIVAL



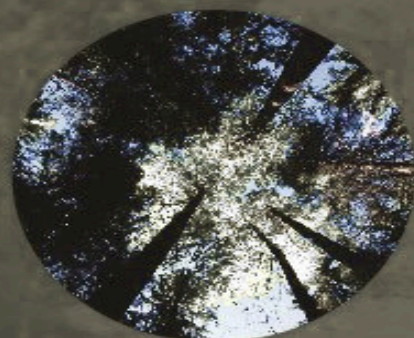
GORGE WALKING



COASTEERING



CAMPING/
OVERNIGHTING



FOREST WELLBEING
WORKSHOP (SHINRIN-YOKU)



ACTIVE CONNECTIONS CLG'S APPROACH

Active Connections Field Guides are experienced facilitators. We use Brief Solution Focused Coaching as an integral tool as it helps the client map their own solution to problems, which they can transfer back to the workplace. To get there, we apply an experiential learning process where teams can actively test leadership, communication and cooperation.

This guided process will strengthen a team's cohesion, their

understanding of one another and can bring the organisations values to life for employees. The outcome is an expanded capacity to problem solve, work effectively as a team and be resilient.

Experiences in the outdoors have been proven to reduce stress, improve mood and increase energy levels.

TYPICAL DAY

Each group or organisation comes with different wants and needs. We work with you to create a program that will fit the needs of your organisation or group. We want to take it at your pace and ensure that your goals are met.

Typical Day:

- **Meet & Greet:** 09.30 - 10.20
Tea/coffee; briefing; kit-up for activity
- **Morning session:** 10:30 - 12:00
Focused activity followed by reflection on outcomes and achievements
- **Lunch:** 12.00-13.00
- **Afternoon session:** 13:00 - 15:15
Focused activity followed by reflection on outcomes and achievements
- **End of Day:** 15:15 -15:45
Tea/coffee; debrief and discussion

Overnight trips and expeditions can be arranged

SOCIAL IMPACT

We are an award winning social enterprise. Each year we work 200+ young people in need. Young people that are experiencing emotional and behavioural difficulties. Any profits raised through your team development day will support our work with these young people.

Visit our website to discover more
www.activeconnections.ie

Charity Number 20201356



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