

# Haac Teambuilding Series

## FLYING HIGH



*With all your support,  
I fly.  
----- Haac Experience*

**Haac'**



# Haac Teambuilding Series





# FLYING HIGH WORKSHOP



## Flying High Workshop

An effective team needs to grow by continuous motivation and stimulation in order to reach for new heights. The Flying High Workshop drives participants to break through their personal limits with the support of team members. It is characterised by with high-level challenge activities which are designed on progressive stages, where participants will be motivated to overcome their fears and unleash their hidden potential, to "Fly for Sky High"!

## Objectives

The workshop creates a stimulating environment and incorporates both physically and mentally challenging activities to drive participants:

- 1) to unleash their hidden potential
- 2) to improve their risk-taking attitude
- 3) to break through their personal comfort zone and achieve team excellence
- 4) to enhance mutual trust and support among team members.
- 5) to cultivate valuable intangible values: passion, motivation, courage, etc.

## Fly High, achieve high!

### Master New Challenge - Hard Skill Learning

To survive in the ever-changing world, a competitive organization requires its members to continuously make advancement by acquiring new knowledge and skills. In this workshop, members have to learn new hard skills including team belay skills, the use of equipments, basic safety knowledge. These skills not only help accomplish their challenging tasks but also create a safe environment for the team to achieve maximum performance.

### Trust and Support - Team Belay System

The workshop incorporates high-level challenge course activities, and we use Team Belay System to connect team members together – participants will act for safety belaying on the ground for their team members doing challenging activities at the pole top, 10 meters from the ground. Team members at the top have to entrust their personal safety to their teammates who support them from below, and break through their personal barriers with the support of others. Acting as a whole, rather than individuals, the spirit and motivation of the team will reach the top!

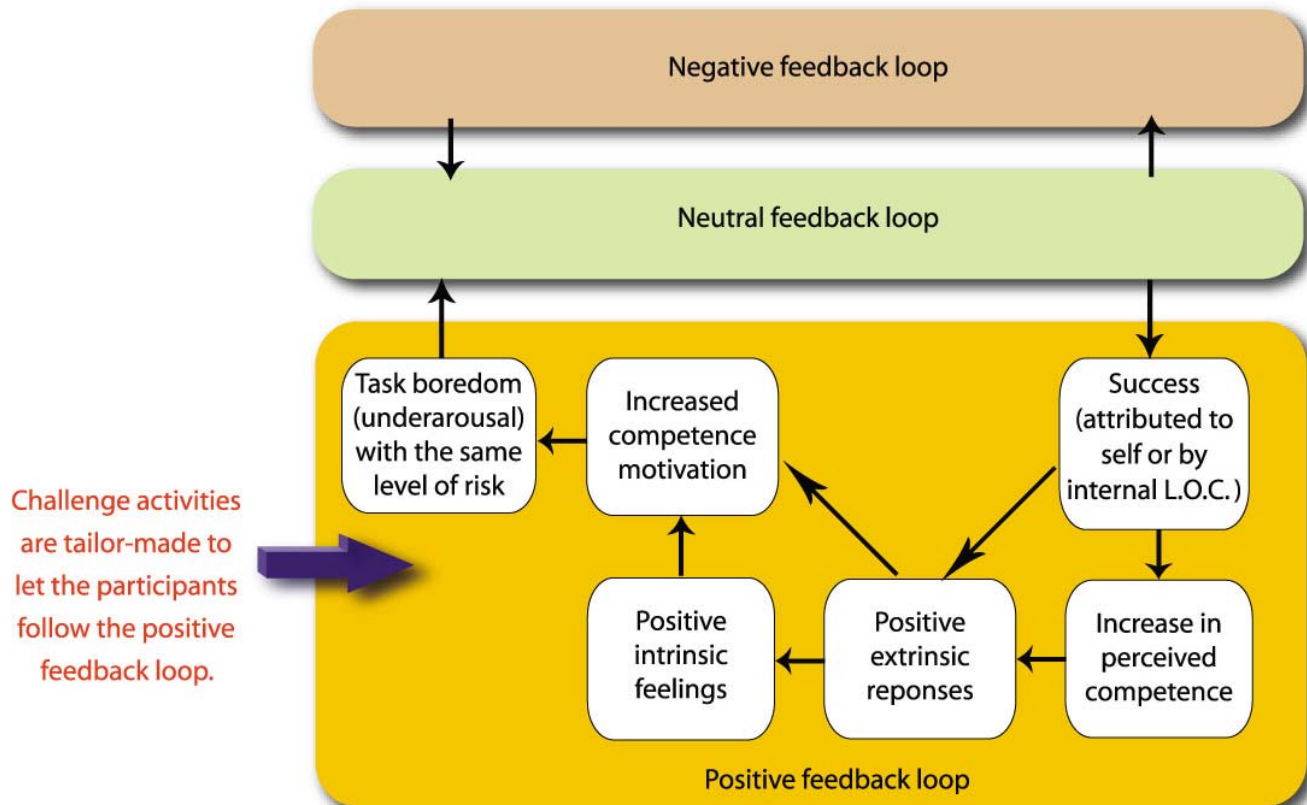
### Motivate for personal and team breakthrough - High Level Challenge

You will be amazed by the magic of team support and motivation, which turns fears into courage and power. Participants will break through their personal risk limits by overcoming their normal fears of height, and enjoy the overwhelming support and joy from their fellow members at the bottom.



## Risk Taking and Competence Effectance Model

All high challenge experiences in this workshop are carefully designed and facilitated with the aim to increase participants risk taking and competence effectance. This is shown in the following model by Priest and Klint ( 1993 ) :



*"A mind that is stretched by a new experience can never go back to its old dimensions." (Oliver Holmes)*

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