



Mobile Team Challenge

A Positive Revolution in Training and Learning

"I would say
that the **Mobile
Team Challenge**
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successful

things that we have implemented
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regularly tell us that it is the
best thing on the programme."

Graham Gillin, PE Instructor, HMP Brockhill

MTC is already being used by:

- HMYOI Glen Parva • HMP Brockhill • HMYOI Deerbolt
- HMYOI Brinsford • HMYOI Aylesbury • HMYOI Onley
- HMP Franklands • HMP Ashfield • HMYOI Swinfen Hall
- HMP Full Sutton • HMP Risley • HMP Staffordshire
- HMP Wandsworth • HMP Whatton • HMYOI Elmley
- HMYOI Feltham • HMYOI Hindley
- G4S Medway & HMYOI PARC



State of the art, PE based
equipment and train
the trainer courses for
the Prison Service

SPECIAL OFFER Free Equipment Demo

Limited time only – see inside for details!



Mobile Team Challenge

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How to use this document!

The left hand pages describe the Mobile Team Challenge equipment and product, the Train the Trainer programmes that we organise, as well as giving you an introduction to the people involved with MTC along with further information regarding how the MTC equipment and training can and is being effectively used within the Prison Service.

The right hand pages are designed to help you see how the links between the MTC equipment and Train the Trainer courses relate to the work of the Prison Service. You will find relevant references and testimonials from Prisons and YOI's who are already using MTC to great effect as part of the PE and "Enhanced Thinking Skills programme".

We hope you enjoy this brochure

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Prison Service Credentials



“Every Wednesday afternoon we have between 10 and 15 young offenders who come to the gym for three hours, to specifically address anger management. The group is presented with a series of increasingly difficult problem solving activities, which are then discussed afterwards, so that the inmates can draw out the relevant learning points. The best part is that they don’t realise how much they are learning because they are enjoying the challenges so much. It is so much more effective than any form of classroom learning and it does not exclude those with learning difficulties. We have found that learning benefits that come from using the programme come down to improvements in self-confidence, greater teamwork and social skills. I would say that the Mobile Team Challenge approach has been one of the most successful things that we have implemented in the prison and the inmates regularly tell us that it is the best thing on the programme.”

Graham Gillin, PE Instructor, HMP Brockhill

“The Brinsford PE department, in conjunction with the psychology department, have put together a programme to address offending behaviour and develop cognitive thought. The package is part of the enhanced thinking skills initiative. A most significant part in the delivery of the major concepts is the Mobile Team Challenge. The key benefits of such an approach are that it is based on the premise of student centred, active, experiential learning and can be adapted to meet varying identified needs, such as communication, team building, leadership, motivation, problem solving, etc. We find that after an MTC session inmates think more about the consequences of their actions and they relate better with the others. It is also a great help that MTC can be used in different environments, indoor or outdoor (being completely mobile) and each activity takes less than 5 minutes to set-up ready for use.”

*Reg Walker and Simon Folger
at Brinsford*



Mobile Team Challenge

A Positive Revolution in Training and Learning

Introduction

What is Mobile Team Challenge?

Mobile Team Challenge is a totally unique, portable and patented experiential learning solution. The system includes a range of state of the art equipment packages (that provide between 100 to 254 different activities), a Train the Trainer programme, as well as comprehensive manuals and books, which cover all aspects ranging from risk assessments and safe operating practices to activity and equipment set-up and debriefing models and questions.

The equipment is used all around the world by a wide range of organisations. In the UK and the USA, Young Offender Institutes and Prisons, the RAF, schools and training centres use MTC to develop a wide range of important skills relating to leadership, communication, teamwork, trust, decision making, problem solving, integrity, conflict resolution, honesty, consistency, accountability, dealing with change and many others.

In summary, the Mobile Team Challenge system provides a very easy to use, safe and extremely effective learning resource. This complete system can enable you to provide high impact, enjoyable indoor and outdoor adventure based programmes, which develop a wide range of skills that have a direct bearing and benefit on leadership, teamwork and personal development.



MTC Activity

Participants improve their self-confidence, communication and leadership skills using the new mobile team challenge equipment .



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MTC Uses in the Prison Service



The following list has been developed in conjunction with PESO Rick Burgess and PO Warren Sullivan and HMYOI Swinfen Hall may provide you with further ideas regarding how the Mobile team Challenge system can be used to best effect within the Prison Service environment:

The use of the MTC approach, further demonstrates the establishments commitment to the prisoners in our charge. It promotes the Prison Service aims of reducing re-offending by developing skills and confidence to tackle the root cause of offending behaviour and assist with gaining employment upon release.

A group of inductions taking part in a half day session on a multi-activity taster course. When used in this way it is a great ice-breaker and always a popular and fun way to develop more positive and constructive group interaction.

A group of learners using the course as part of a personal and/or team development programme.

A group of learners prior to the start, halfway through and/or at the end of an E.T.S., S.O.T.P. or CALM course to help break down barriers and develop learning.

When workshops are closed, either planned or at short notice, it can enable purposeful activity as prisoners can be guided through many of the problem solving challenges.

A group of prisoners on one of the many drug rehabilitation courses or an on-going therapy programme with an ultimate aim of breaking the cycle of re-offending.



Mobile Team Challenge

A Positive Revolution in Training and Learning

Advantages + Benefits

The Mobile Team Challenge equipment can provide your establishment with the following advantages and benefits:

Cost-effective With your own equipment and trained staff you will be able to organise both indoor and outdoor development programmes on or off-site without having to travel to and pay an external supplier.

Portable Set it up anywhere; sturdy, safe, compact, lightweight and easily carried. The complete system easily fits into the back of a small car (can also be taken on a plane/train).

Use all year round Indoors, outdoors and in any weather.

Suitable for all ages Provides everything from short ice-breakers through to advanced problem solving activities for all ages and skill levels.

Access and participation for all Including those with physical and/or mental disabilities.

Life-span Exceptionally long (major components guaranteed for 25 years).

Maintenance Free Exceptional durability and strength.

Programme design support for Free for the lifetime of the product from the creators.

“I’ve seen plenty of portable ropes courses over the years and the MTC equipment stands out above all the others”

*Simon Priest
International Executive
Change Consultant,
leading researcher
and author on corporate
experiential training
and development.*



**GUARANTEED
FOR 25 years**
against any faults
or breakages on all
main structural
components.

Money back GUARANTEE: If the Mobile Team Challenge system fails to meet your expectations in terms of quality or content you may return it within 30 days, for a full no-questions asked refund.

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MTC Applications + Benefits



10 Steps to Reducing Offending Behaviour

Mobile Team Challenge is used in the following ways within **prisons, young offender institutes and rehabilitation centres** to generate more **constructive** and **positive behaviour**:

- 1 MTC Activities assists group functioning and development, which in turn improves the quality of group discussions about offending.
- 2 MTC Activities provide many more opportunities for positive assessment, and often surprise individuals about their own and others capabilities and good nature. This can result in reversing the 'labelling' effect: damaging labels such as 'troublemaker' get replaced by more optimistic ones, which in turn builds self-esteem.
- 3 Experiences of success in activities also helps to greatly develop self-esteem. This directly affects offending behaviour in which low self-esteem is almost always a contributory factor.
- 4 The reviewing of positive experiences in activities helps to establish reviewing itself as a positive experience. Reviewing skills are then applied to offending issues so that significant changes in behaviour can be achieved. The reviewing of negative experiences which arise during activities also provides useful insights into difficulties that are related to offending.
- 5 Activities can be used as part of the physical education programme, whilst also offering numerous development opportunities for enhancing thinking skills and developing more constructive behaviour.
- 6 Activities can be set up as skills training exercises. Improved skills in, for example, decision-making, problem-solving, planning, assertiveness, or self-control can reduce the chances of further offending.
- 7 Choosing and introducing activities in ways that highlight connections with offending situations before doing the activity creates fresh insights so that alternative courses of action and possible solutions can be found.
- 8 Doing activities with prison or police officers or other authority figures, can change attitudes all round. This can help to reduce offending and helps to avert or defuse any future confrontations.
- 9 MTC Activities can help to develop better relationships between staff and offenders as well as amongst the staff and establishments target population.
Taking part in MTC activities can be linked to easing the transition during the
- 10 resettlement process.



Mobile Team Challenge

A Positive Revolution in Training and Learning

Equipment + Activity List

The Performance Plus course

The packages described in this document provide you with all the hardware and software to be able to organise between 100 and 254 different activities, depending on the package selected:

This is the flagship of the MTC range and is by far the most popular option. It delivers 254 sustainable team development activities that are outcome focused and purpose driven. This course fully supports organisations interested in integrating experiential learning into their training programmes, offering maximum flexibility and creativity, and the ability to service up to 6 different groups at one time (60 people).

This course contains all of the top quality, engineer designed and state of the art hardware and connectors along with eight 7ft. aluminium beams and lots of other associated equipment. This complete package gives you the maximum flexibility and options. In addition, there are two sets of Spider Web stands, which creates the Boxed Spider Web - a complex task for up to 48 people.

The Performance Plus course comes in nine high quality carry bags. Weight of the full kit is approximately 300 pounds. Storage space required is approximately 30" x 39" floor space with seven-foot clearance.

All MTC equipment packages come with five copies of the MTC Training manual and the MTC Trainer's book regarding the unique MTC Appreciative Facilitation approach, along with the other relevant manuals to help you get the most out of the system.



A team work together to successfully complete the Whale Watch activity. As well as being great fun, significant improvements in teamwork, communication and trust can be made using this activity.

Other MTC Equipment Packages:

MTC Performance Course

The second most popular course. This course contains less hardware than the Performance Plus but you can still do 37 major activities, plus 200 additional games and activities from other references. The Performance course enables you to integrate high impact experiential learning into your programmes, offers flexibility and the ability to service midsized groups.

MTC Standard Course

This kit gives you all the Standard building blocks to do 24 major activities and 75 small events and ice-breakers, including: A Collection of Knots, Teeter Totter, Big Foot/Trolley, The Box, Boxed Bridge, Bridge/TP Shuffle, Doctor! Doctor!, Lost Coin, Matrix Walk, Out of the Box, Trust Vee/Wild Woosey, Traffic Circle, Double Teeter Totter Bridge, Zig Zag/Swamp Walk, Spider Web, Great Escape, Whale Watch, and Mohawk Walk.

Prison Service

News Press Article



Mobile Team Challenge a Stabilising Event

PE staff at HMP Glen Parva's gymnasium recently enhanced their PE programme by adding the use of the new Mobile Team Challenge (MTC) equipment that aids the Enhanced Thinking Skills (ETS) courses. It encourages prisoners taking part to work together as a team, to improve self-confidence, communications skills, leadership, motivation and problem solving. The MTC equipment is made up of 7ft long metal beams and various attachments, which enable the beams to fit together or act as seesaws. It offers up to 254 different tasks or activities. The equipment is quick and easy to assemble as well as requiring little storage space.

The new equipment is used at the beginning of the ETS course and then again after the course is completed.

PE staff have noticed a marked improvement on the second run, showing better communication skills and deeper thinking by those involved in the exercises.

**For further information
about the equipment contact
us on 0844 745 2120**

The equipment has been used as an icebreaker for drug support courses, as part of training for rugby and football squads, and in future hopefully as an aid to staff team building and leadership training.

“It encourages prisoners taking part to work together as a team, to improve self-confidence, communication skills, leadership, motivation and problem solving.”



Mobile Team Challenge

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Train the Trainer Courses

MTC Training Overview

Mobile Team Challenge can deliver both “Open” and “Client Specific” Train the Trainer courses for HM Prison Service:

The MTC Training programme is divided into four key areas:

Technical Skills

Training & Facilitation Skills

Experience on Activities

Theory & Methodology

Due to the fact that MTC is an experiential learning product, the Train the Trainer programmes that we organise, are highly enjoyable, interactive and experiential in nature.

The full value of the MTC equipment and approach can really only be unlocked by attending one of the MTC Train the Trainer courses. Past clients who have opted not to go for training, always come back to us within two months to get trained up. They tell us that they are not able to organise the types of activities and programmes from the manual alone.

MTC Client Specific Programmes This is by far the most popular option within the Prison Service due to the fact that the MTC Trainer comes to your base and there is no need for your group to travel to a far away location. A three day programme is recommended but a two day option is available where time and/or financial resources are very limited.

MTC Open Train the Trainer Programmes Every three months MTC organise a one day Open Training programme. This is not as comprehensive as the two or three day programme but it is a useful method of bringing new staff up to speed quickly and in a cost effective manner. Programmes are delivered in Bournemouth, Dorset.

Certification Everyone attending an MTC Train the Trainer course is awarded an official MTC Certificate that is recognised by the growing number of organisations, both public and private sector, that now use MTC.

All MTC training events are delivered by an approved trainer, who is well qualified and highly experienced. All training is interactive and experiential and courses are organised on a 1 to 12 trainer to participant ratio.

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Training Testimonials



"Mobile Team Challenge is
A fun way to learn, especially for young
people with short attention spans"

Alison Dickens, Psychological Assistant

"The most **enjoyable and thought
provoking** course I have ever attended"

David Jordan, Prison Officer

"The MTC approach shows that the glass is "half full" and
not "half empty". **It will work within most organisations**"

Dennis Griffiths, Prison Officer

"There are many valuable aspects
to the MTC approach that develop
**communication, flexibility,
trust, teamwork, etc.** This can
all be related and the lessons learnt
transferred to work and life in general"

Stuart Cooper, PEO

"The MTC Training course was very professional,
great fun and packed full of great information"

Simon Folger, PEO



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MTC Software (manuals, books & on-going support)

The MTC Software gives you a number of written resources that mean you will extract maximum benefit from MTC for many many years:

All MTC Systems are supplied with five copies of the following manuals and books (the Performance Plus package also has many other publications included as well):

The MTC Trainers' Manual

This publication contains the combined wisdom, experience and new ideas that span several decades. Most people take a quick look at the MTC manual and decide there and then that they must have a copy. However the book is only sold with MTC equipment. Here is a brief overview of the contents of the manual:

Liability Disclosure	Beginning Initiatives
MTC Hardware Index	Advanced Initiatives
Introduction	MTC Equipment List
General Procedures	Additional Activities
Safety Procedures & Forms	Facilitation Skills
Stories and Metaphors	Using Debriefing Models
Goal Reference Matrix	Resources and References

The MTC Appreciative Facilitation book

This small book provides all trainers with a simple, easy to use, read and understand guide to Training the MTC way. We do not think that our approach is the only way but we do believe that the approach will be new to you and will become a valuable addition to your tool kit in training but also other areas of your professional life.

MTC Trainers Network

The MTC Trainers network is a service that is provided to you free of charge for the first year. You will have the option of joining the Network if you attend a recognised MTC Training Programme. Benefits include: MTC Trainer Certification, free on-going programme planning and support from the MTC Inventors, professionally designed certificates for your organisation to present to individuals that take part in your MTC programmes, as well as a free training folder, silver pen and exclusive invitations to MTC Special events.

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MTC Goal Reference Matrix



The Goal Reference Matrix ensures that the process of programme design, planning and preparation is made as simple, fast and easy as possible for you. Choose the skills that you wish to address with a group and then simply look down the column to see which activities you can use to achieve your objectives.

MTC Activities

Training Concept	Adding Machine	Alphanumeric Challenge	All Aboard	Anoeba Walk	Big Foot	Blind Polygon	Blindfold Walk	The Box	Boxed Bridge	The Bridge	Chaos Tour	Connection Walk	Doctor! Doctor!	Lost Cain	The Great Escape	The Matrix Walk	Out of the Box	Paradigm Splitter	Quicksand	Space Launcher	Speed Ball	Spider Web	Stepping Stones	Tether Toter Bridge	Trust Lee	Zig Zag Swamp Walk	Handicaps
Adaptability/Responsibility				▲		▲	▲	▲	▲					▲	▲	▲	▲	▲			▲	▲	▲	▲	▲	▲	▲
Boundaries										▲	▲									▲	▲		▲				▲
Caring/Support	▲		▲	▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲			▲	▲	▲	▲	▲	▲
Change	▲		▲	▲						▲	▲	▲	▲	▲	▲	▲	▲	▲	▲				▲	▲	▲	▲	▲
Collaboration/Cooperation	▲	▲	▲	▲	▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲				▲	▲	▲	▲	▲
Communication/Listening	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Conflict Resolution					▲	▲				▲	▲	▲	▲				▲						▲	▲	▲	▲	▲
Courage/Encourage							▲	▲			▲	▲						▲					▲	▲	▲	▲	▲
Creativity/Vision							▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Critical Thinking		▲															▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Decision Making	▲	▲	▲										▲							▲	▲		▲	▲	▲	▲	▲
Empathy		▲					▲	▲				▲											▲	▲	▲	▲	▲
Feedback							▲	▲				▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Integrity/Honesty							▲				▲					▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Leadership/Followership				▲	▲	▲	▲					▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Learning	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Motivation	▲							▲									▲					▲	▲	▲	▲	▲	▲
Organising	▲	▲	▲		▲	▲					▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Perception/Expectation	▲	▲	▲	▲	▲	▲					▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Perserverence	▲	▲	▲	▲	▲	▲			▲	▲						▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Planning	▲	▲	▲						▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Problem Solving			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Respect				▲	▲	▲	▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Responsibility	▲			▲	▲	▲	▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Self assurance																				▲	▲	▲	▲	▲	▲	▲	▲
Self Worth							▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Sharing				▲	▲	▲	▲	▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Teamwork	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Trust		▲					▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Values							▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Wisdom/Purpose							▲	▲				▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲

MTC Testimonial

from Parc

Her Majesty's Prison & Young Offenders Institution Parc

Background

Her Majesty's Prison & Young Offenders Institution Parc is a Category B local prison housing approximately 900 male adults (convicted only) and young offenders (convicted and remand). The prison opened in November 1997 and is the only private prison in Wales. It is managed by Securicor Custodial Services on behalf of the Prison Service. The prison employs 391 members of staff, (excluding subcontractors) many of whom are recruited from the local area. HMP & YOI Parc offers a progressive and challenging regime in a modern environment. A range of activities aim to equip offenders with the key skills necessary to reduce the risk of re-offending after release.

HMP & YOI Parc offers a challenging regime aimed at addressing prisoners' offending behaviour and equipping them with the skills necessary to reduce the risk of re-offending after release, and to increase their prospects of securing employment. Offenders at HMP & YOI Parc can access the following programmes:

- Reasoning & Rehabilitation, a Prison Service accredited course which employs cognitive skills training to address offending behaviour.
- Focus on Resettlement (FOR) programme, a course aimed specifically at prisoners serving less than twelve months. The course encourages self-motivation to change negative behaviour among this much-neglected offender group, and features a unique community follow-up service by prison staff after release.
- Preparing for Programmes workshops
- Behavioural Assessment Programme
- Anger management

How relationship with MTC began?

Officers at HMP Parc attended the Prison Service Conference and saw a demonstration by MTC. Steve Williams, Physical Education Officer, HMP Parc **"I had heard excellent reports from my fellow officers about MTC and seeing it in action at the conference showed me that it complemented our existing training resources perfectly."** The kit was financed by the Youth Justice Board.

What happened next?

PE staff at HMP AND HMYOI Parc's gymnasium enhanced their PE programme by adding the use of the new Mobile Team Challenge (MTC) equipment that aids the Enhanced Thinking Skills (ETS) courses. It encourages prisoners taking part to work together as a team, to improve self-confidence, communications skills, leadership, motivation and problem solving. The MTC equipment is made up of 7ft long metal beams and various attachments, which enable the beams to fit together or act as seesaws. It offers up to 254 different tasks or activities. The equipment is quick and easy to assemble as well as requiring little storage space.

The new equipment is used at the beginning of the ETS course and then again after the course is completed.

PE staff have noticed a marked improvement on the second run, showing better communication skills and deeper thinking by those involved in the exercises. The equipment has been used as an icebreaker for drug support courses, as part of training for rugby and football squads, and also as an aid to staff team building and leadership training.

"There are many valuable aspects to the MTC approach that develop communication, flexibility, trust, teamwork, etc. This can all be related and the lessons learnt transferred to work and life in general"

Steve Williams, Physical Education Officer, HMP Parc.

The MTC Logo Story



The Mobile Team Challenge logo is the image of a Canada Goose flying over a triangle.

The Story of the Canada Goose is a powerful metaphor for the benefits provided by Mobile Team Challenge:

Next Autumn, when you see geese heading south for the winter, flying along in a V formation, you might consider what science has discovered as to why they fly that way:

As each bird flaps it's wings, it creates an uplift for the bird immediately following. By flying in a V formation the whole flock adds at least 71% greater flying range than if each bird flew on its own.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front.

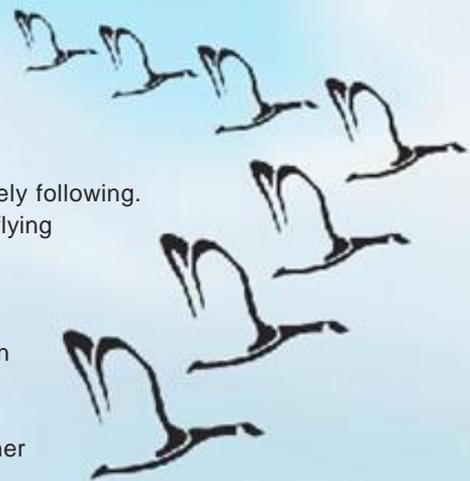
When the head goose gets tired it rotates back in the wing and another goose flies to the point.

Geese honk from behind to encourage those in front to keep up their speed.

Finally - and this is important - when a goose gets sick or is wounded by gunshots and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly (in which case there are three geese to make a formation), it dies, or the season is so close that the other geese must leave. Only then do they launch out on their own or with another formation to catch up with the group. If they leave it alive, they will return back next season to the exact same spot to see if it survived.

Geese demonstrate one of the best models of teamwork that exists.

Our mission is to help everyone have the "Sense of a Goose!"



The triangle represents the synergy, power and strength created when the three facets of MTC are combined -

MTC equipment

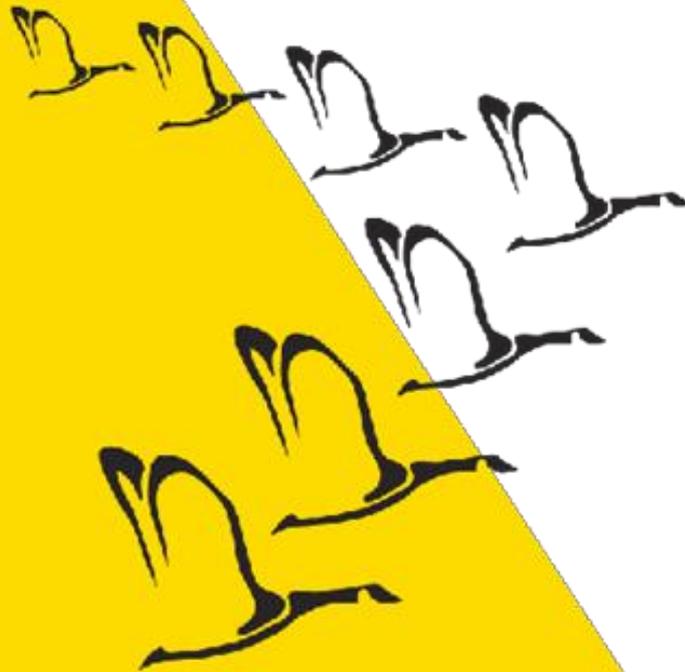
MTC training/Software
(manual, books and Appreciative Facilitation)

MTC Appreciative Team
committed to a world class life changing vision



Mobile Team Challenge

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