



# Mobile Team Challenge Ltd

Unleash the Potential of Your People

[www.mtceurope.co.uk](http://www.mtceurope.co.uk)



Further to your recent enquiry, please find an outline of our Team Working Excellence Workshops.

Whether the team you are looking to develop is;

- a Senior Management Team
- or if you are looking to optimise the performance of an internal team or department
- or if you are looking to resolve deep-rooted issues between team members
- or if you are wanting to understand emotional intelligence behaviours of team members
- or if you are wanting the team to get a better understanding of each other's personality types
- or if you are looking for a fun process to create a Shared Vision for the Team
- or if you are looking to create the 5 attitudes and functions required to create highly effective teams....

**Then Mobile Team Challenge has exactly the right intervention for you.**

Our workshops can either be face to face including experiential learning activities or delivered online via Zoom or Teams.

**The power of a team is assessed by how effective it is at;**

- ✓ Consistently delivering high performance at levels
- ✓ delivering results
- ✓ fostering outstanding levels of trust and empathy within the team and with clients
- ✓ encouraging positive, conflict debates in order to create honesty
- ✓ creating, working towards and being accountable a shared vision
- ✓ creating positive and winning behaviours and attitudes across the entire team
- ✓ applying emotional intelligence to create a culture of energy and belief

When improvement is needed, it is important to make positive changes. However, sometimes it is helpful to take a step back in order to recognise when a team is working effectively. The workings of a highly effective team are not always obvious or intuitive to everyone.

So, **what are the key characteristics of highly effective teams?**

- **Understand People and Types** - not only of our colleagues, but also how to identify 'people types' in the parents, partners and organisations they advise
- Learn how to develop **Winning Behaviours and Positive Attitudes**
- **Discover Team Strengths** and opportunities for further Development
- Understand the dynamics of how to create a **high performing Team**
- Explore how to apply **Positive Psychology to create a healthy Wellbeing**
- Practice **professional communication** styles
- Discover the power of **leadership and influencing** styles



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- Learn how to demonstrate **Diversity and Respect** with other people whose 'style is different to their own' – i.e. "*different – doesn't mean wrong*".
- Discover the '**Powers of Persuasion**' as they work with their clients, partners, and other support organisations.

An outline of a typical day is detailed below:

### ➤ Understanding our Similarities and our Differences

**Game / Activity – Speedball** - identifying each other's preferred communication style and respecting it in order to improve communications and relationships

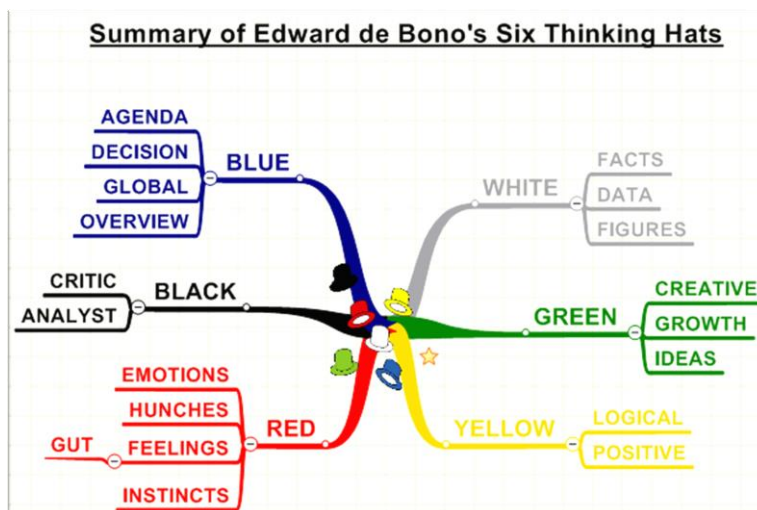


### ➤ Understanding Different People Types

**Video – Michael McIntyre** - a humorous video identifying and recognising different 'people' types



**The 6 Different 'Types' of Personality – identifying yours and each other's types (Edward DeBono) – Which personality type are you?**



**Game / Activity – Teeter Totter Bridge**

### Teeter Totter Bridge – activity duration: 20 minutes

This activity requires the team to traverse across a bridge made from 2 x 7-foot beams. In between the 2 x 7-foot beams there is an island. The teams will start from opposite ends of the beams and traverse the bridge without the beams teetering or tottering (similar to a seesaw) and touching the floor. Both teams will meet in the island in the middle before continuing their journey to the other side of the ravine. This activity develops leadership, communication skills, strategic planning, trust, team strengths and teamwork. It also enables the team to start to become more aware of other people's preferences and styles



#### ➤ Why can't ALL people be more like ME?!

This group activity explores the use of professional communication tricks and techniques to enable us to persuade others to 'see things the way WE see them'

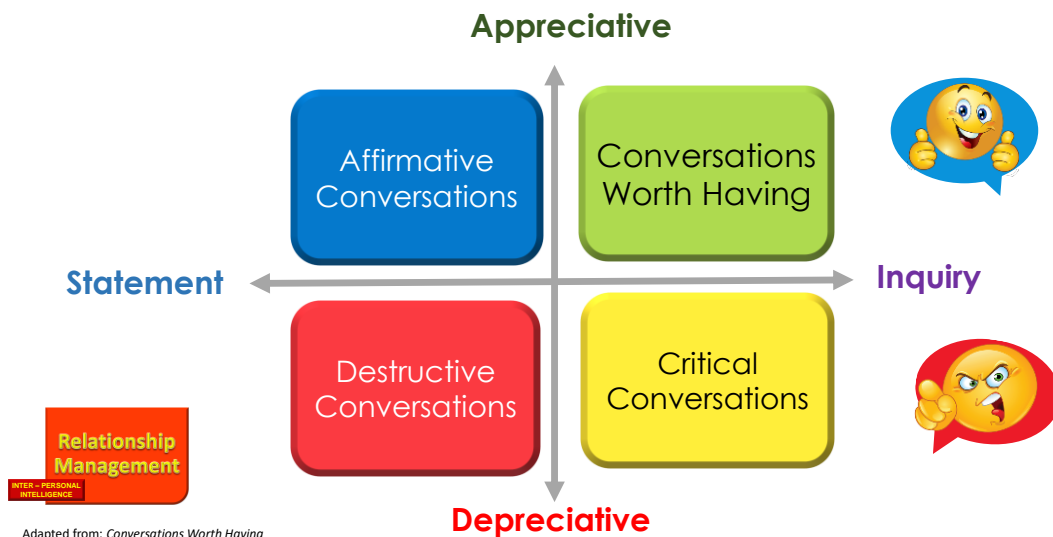
#### Game / Activity –How do YOU see things?... What If?...

This activity explains the reason why we are 'all wired differently' and why we have different ideologies due to our neuroscience.

#### ➤ How to Create Winning Behaviours and Positive Attitudes

Psychologists have proven the many benefits that a Positive Attitude can have on our lives; in the workplace, in our homes and in our conversations. **Positive Psychology is also highly contagious** – hence a positive team member, will have an enormous positive impact on the person or people that they are working with – thus enhancing and increasing their quality of job satisfaction, state of wellbeing and mental health.

### What kind of conversations are you having?



This topic will equip the delegates to; develop, practice, and demonstrate positive mindsets and to pass on their positivity and hope to their colleagues and clients.







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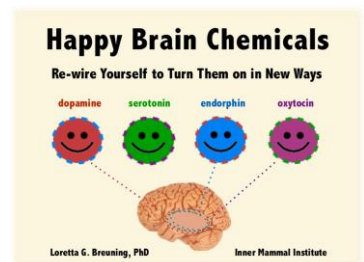
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### Video / Breakout Group Discussions and Personal Reflection – Are you living Above or Below the Line?



#### ➤ Ensuring our own Mental Health and Positive Wellbeing

Delegates will learn simple daily activities to ensure that their personal positive wellbeing is maintained



#### ➤ Managing the Behaviours of the people we are working with

Delegates will learn some simple, yet effective, techniques as to the ABC of Managing negative behaviour

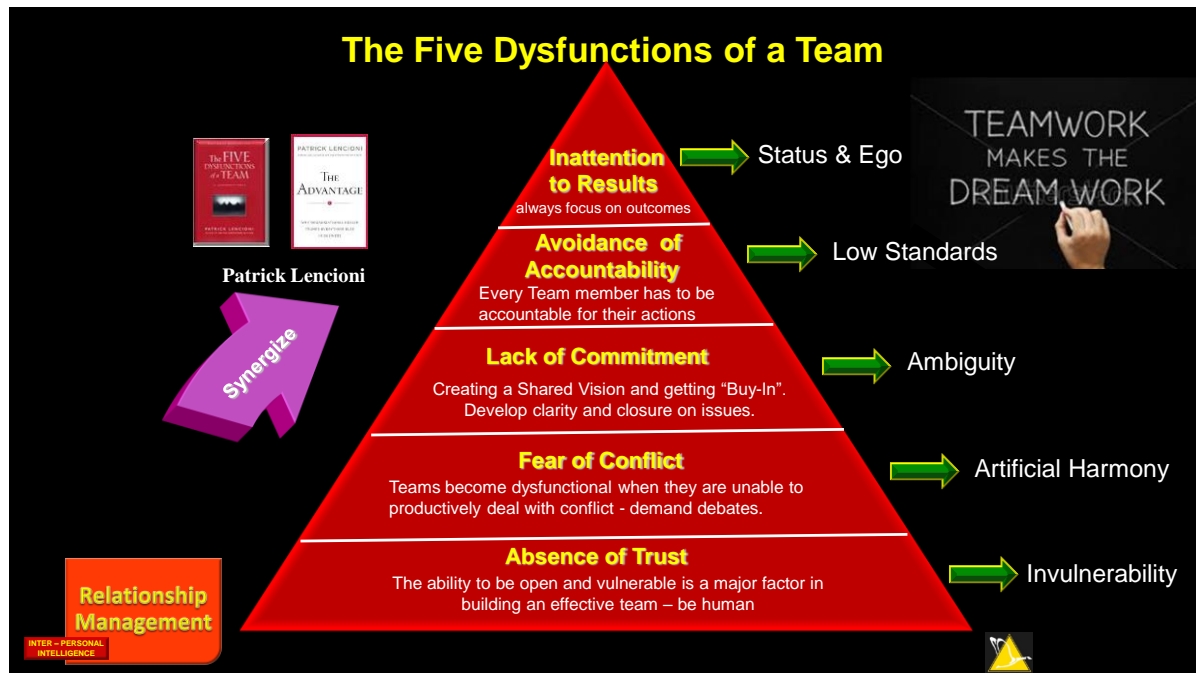
#### Game / Activity – Impasse – The ABC of Managing Behaviour s

How do we defuse Conflict? or work with those people who are "different" to us?



## ➤ Understanding the dynamic of high-performance teams

How to overcome the 5 dysfunctions of a Team - start by building Trust.



## Video – The 10 Teamwork Lessons that we can learn from Geese

### Game / Activity – Operation Transfer

This activity requires the careful transit of a 'nuclear chemical contaminated container' from a danger site to safety. The survival of the local village depends upon the successful transfer of the nuclear device and people who stray too close to the device become contaminated and are temporarily blinded – thus totally depending upon communication skills, empathy, and teamwork excellence by applying the Teamwork principles of the geese.



**LUNCH**



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### ➤ Leadership, Followership and Conflictors!!

#### Game / Activity – Paradigm Shifter ...it's all about ME!.....or is it....??



Great teams 'look out for each other' and even support the Conflictors



#### Game / Activity - Magic Pieces – activity duration: 20 minutes

The objective of this activity is to circumnavigate a 'chasm' using the ONLY resource available to the Team...rubber mats. This activity requires planning, resource allocation, project management skills and application of team excellence skills such as communications, respect etc.



#### Game / Activity - Levitation Pole – activity duration: 10 minutes

The task sounds simple ... lower the pole to the floor in a controlled manor without your fingers leaving the pole and with all fingers resting under the pole. In reality, this simple task demonstrates the key aspects of working together, building respect, self and other awareness and breaking silo-working thinking.





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➤ **Defining Teamwork Excellence**

**Group Activity** – Based on the day's learnings – what are the Groups / Personal "take-aways"? What have we learned from today that we can apply into our Team – starting tomorrow.

**MEETING CLOSES**

The above proposal includes:

- ✓ 7 Games / Activities
- ✓ 3 Videos
- ✓ 3 Group Work Activities
- ✓ 5 Teamwork Models of Excellence
- ✓ Involving highly interactive and fun presentation format
- ✓ Great FUN with SERIOUS Learning!



# Team Building Away Days have changed!!

... if you want to put your Team through an "**SAS Who Dares Wins!**" type of challenge - then... "yes" we can stage one of those for you. Also if you want to genuinely build the; Trust, Respect, Empathy, Emotional Intelligence, Vision etc of the Team indoors...we can bring our 'inward-bounds' course to you....**and you won't need your wellies!**





**AWAY DAYS**

- ✓ Re-create a new Team / Company Vision with total "Buy-In"
- ✓ Develop a better understanding of Team members' diverse strengths and attributes
- ✓ Re-visit Team dynamics and roles
- ✓ Create highly motivated team members
- ✓ Build and develop trust within the Team
- ✓ Re-emphasise or Create the Company Strategic Goals
- ✓ Develop a clearer sense of a shared purpose and vision
- ✓ Spend 'Quality Time' – Blue-Sky Dreaming and Visioning creating a clear space to think and generate ideas
- ✓ Participate in inspirational and motivational experiential learning team-working activities
- ✓ Develop a sense of pride and identity within the team
- ✓ Have FUN with your Team





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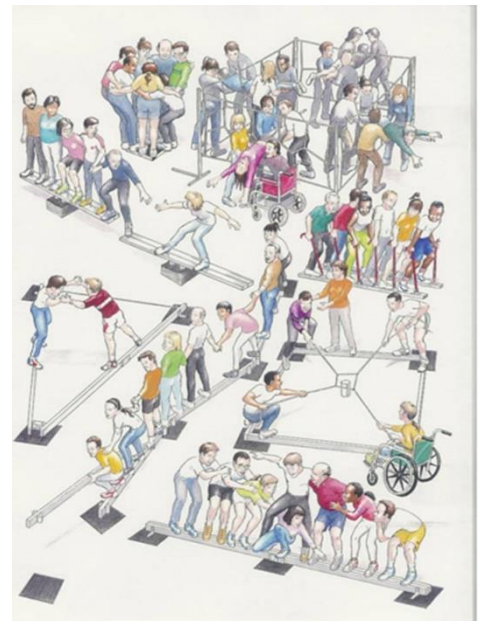
We would welcome the opportunity to discuss your specific learning outcomes with you and to design a bespoke programme for you.

If you require any further information, please do not hesitate to contact us.

Yours sincerely,

*Barry*

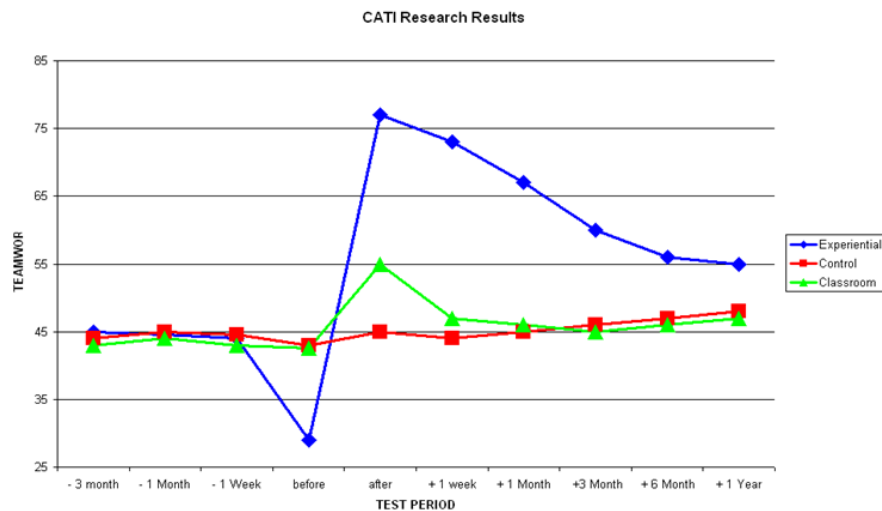
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## Why Experiential Learning ?

The long-term results of Experiential Learning have been researched and studied by many academics – all of whom agree, that it is the most effective method of learning and that it guarantees a long term, behavioural, positive change in the performance of the learner – as the graph below demonstrates.



SOURCE: Scientific Research All research was performed by Dr. Simon Priest PhD

25 Year Experiential Education Expert. Publisher of over 12 books on the subject and on the Board of Advisors for PLAYTIME Inc

This chart shows that Classroom training provides a small increase in teamwork and increased efficiency that evaporates within a week. Experiential Training provided a remarkable 77% boost in the Team and Organisations Development Index that continues to have residual effects up to 1 year, without follow up.





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## The Areas of Impact with Mobile Team Challenge Award Winning Experiential Learning Concepts

Personal Development	Trust / Teamwork	Confidence Building	Problem Solving	Communication	Self Awareness	FUN!
Self Awareness Self Control Confidence Decision Making Trust Values Community Empathy Communication Conflict Management Co-operation Honesty Integrity Influence Respect Responsibility Critical Thinking Goal Setting Planning	Confidence Social Skills Empathy Honesty / Integrity Respect Responsibility Influence Values Working with others Acceptance of Others Diversity Leadership & Followership	Trust Team Work Caring Coaching Self Esteem Self Confidence Self Belief Co-operation Collaboration Rapport Optimism Winning Behaviours & Attitudes Healthy Self Awareness Getting into "The Zone" – Brain / Heart Coherence	Adaptability Flexibility Values Team Awareness Communications Conflict Management Co-operation Collaboration Influence Creativity Innovation Critical Thinking Decision Making Goal Setting Solution Focussed Thinking Vision	Trust Values Listening Skills Communication Clarity Co-operation Collaboration Developing Rapport Influence Respect Empathy Non-Verbal Messages Receiving Feedback Social Skills Clarity Openness	Self Control Values Empathy Caring Developing Rapport Social Skills Self Esteem Critical Thinking Emotional Intelligence Understanding "styles" Receiving Feedback Self Improvement mindset Healthy Self Image	Relaxation De-Stress Competition Challenge Learning New Skills Enjoyment Making Learning FUN! Experiential Learning guarantees the BEST retention of learnings Safe Environment in which to practice new skills







## Testimonials

***'Excellent, enthusiastic and knowledgeable instructor who is truly invested in developing team'*** Flt Cdr RAF Cranwell

***'...A new dimension to our leadership and development programmes...'***  
Chrys Murphy MBE, Wing Commander, RAF

***"MTC is about building on success, to bring about even more success",***  
RAF School of Training

***"MTC Training enhances existing leadership and team building activities and improves other training exercises".***  
Pamela Murray, RAF LTPD School of PT

**Listen to what the Red Arrows say... *"Teamwork ...it's ALL about TRUST..."***  
**Squadron Leader Graham Duffy (Red 4) – *RAF Cranwell MTC Team Working Excellence Workshop***



***"Thanks again for coming to deliver an excellent workshop, the team spoke very highly of the course after the event and even still now. They are currently working on their plans for our future HR customer experience."*** Strategic Workforce Manager Humberside Police

***"Thank you SO much for your great energy and ability to motivate"*** – Specialist Practitioner West London NHS Trust

***"Absolutely amazing experience/training..."*** Service Improvement Lead, Chelsea and Westminster NHS

***"I AM SO MOTIVATED!! ... I hope my colleagues are too! :)"***  
E-Learning Supervisor, Birmingham Women's & Children's Hospital NHS Foundation Trust

***"...the day was INSPIRATIONAL and BRILLIANT!"***  
**Chief Executive. W.Sussex NHS Hospitals Foundation Trust**

***"I AM SO MOTIVATED!!... I hope my colleagues are too! 😊"***  
**Team Supervisor. Birmingham Children's Hospital, NHS**

***"This Away Day has been, literally! ...LIFE CHANGING!!"*** Team Leader Unison

***"Absolutely FANTASTIC Course! - Engaging, Informative, Interesting, Enlightening"*** Team Leader – Unison: The Public Service Union





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***'Brilliant Trainer who was able to keep my attention all day through an interesting presentation and fun and informative experiential activities'*** Senior Planner, Slough Borough Council



***'Just ..... a FANTASTIC day!!'*** Director of Operations ITV for "I'm a Celebrity – get me out of here!" ***ITV for Ant & Dec's Production Team for 'I'm a Celebrity – get me out of here!' and 'Ant & Dec's Saturday Night Take Away' Winning Behaviours and Attitudes: ITV London***



***'MTC has proved to be exceptional and versatile for improving leadership, communication, teambuilding, mutual support, self belief, problem solving and creative thinking within. Its potential within the workplace is vast whilst also being great fun'*** Honda UK



***'We had a hugely inspirational day. Their use of Appreciative Enquiry to facilitate Experiential Learning was so powerful.'*** Team Supervisor, **Wolverhampton City Council**



***'An excellent day! – VERY enjoyable!!'*** Site Manager, Siemens Wind Power





*mobile team challenge*

## Unleash the Power of Your People!

Inspirational Development Learning Solutions,  
creating empowered Motivated Leaders, Teams and Individuals.

### With MTC you learn to Fly

- Creating Emotionally Intelligent High Performing Individuals, Leaders, Teams and Organisations
- Appreciative Inquiry Facilitation Techniques
- Doing it like Disney! – The Disney Principles of Service Excellence
- Psychometric Profiling + Experiential Learning
- Coaching and Mentoring for Success
- Creating a Culture of Innovation
- Overcoming the 5 Dysfunctions of a Team
- From Conflict to Collaboration
- Applying Lean / Six Sigma Thinking – How to do MORE with Less
- The Seven Habits of Highly Effective Teams
- Performance Under Pressure – Stress Resilience
- Building a Positive Future for our Students & Millennials
- Overcoming Stress in the Workplace

All Workshops are certificated  
and CPD Accredited



### Our Pedigree

Preferred Supplier to the Military, 5,000 personnel trained, 200 Local Authorities, 150 Further and Higher Education Establishments, 50 HMP, 645 Prisons and Young Offenders, 150+ Private Sector Clients and 28 NHS Foundation Trusts.



### Don't take our word for it ...

*'A great three days, highly effective and successful for teamworking'*  
Regional Training Director, Vodafone

*'Thank you for the inspiring Two days training you did for us recently, we have noticed a difference already!'*  
Assistant Director for OD, NHS

*'A new dimension to our leadership and development programmes'*  
Wing Commander, RAF

*'A very professional event that will have a profound effect on my life'*  
Wokingham Borough Council

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