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WILD WOODS TEAM BUILDING & WELLBEING DAY

Enhancing work relationships and learning new practical skills in a unique setting.



BENEFITS TO YOUR TEAM



Unique Environment

The woodland offers a warm and friendly space where your team will engage in new experiences together, learn new skills and problem solve in a safe outdoor environment.

Team Building

For both established and newly formed teams, simple but thoughtful bushcraft inspired skills and challenges will develop communication skills, team work and collaboration. Together, your team will work in a unique way, seeing each other in a new light through a memorable and unique fun experience.

Wellbeing

The practise of bushcraft fosters deep focus and patience which requires thinking in the present - a mindful way of being. Sitting around a fire to whittle wood or make cordage encourages focus but also fosters meaningful conversations and positive interactions within the team.

BENEFITS TO YOUR TEAM (CONT'D)



Learning new skills

Everyone will surprise themselves with the outcome of the skills they learn such as natural fire lighting or making cordage. All these activities teach transferable skills such as planning & preparation and require listening and understanding to accomplish - creating a great feeling on achievement and positive mindset.

Benefits

After enjoying a fun and engaging day of rewarding activities, your team will have a great feeling of wellbeing - a mental health boost from being outdoors, engaging in new experiences and sharing positive connections with team members.

They will have enjoyed the added health benefits of moving around, eating a healthy meal and tasting wild foods they have foraged themselves.

WHAT MIGHT AN EMPLOYEE WILD WOODS DAY LOOK LIKE?



10am: Gather, introductions and housekeeping
10.30am: Fire lighting activity. Brew.



11.30: Team building exercise
12pm: Foraging walk / cordage making



1pm: Lunch



1:45pm: Knots and tarpaulins
2.15pm: Team building activity



3pm: Whittling workshop and finish

***A session can be tailored to what you would like for your team e.g. an emphasis on team building or an emphasis on wellbeing.**

***Starting at 10am, you can enjoy a half day AM session OR a full day, finishing at 4pm.**

***Sessions work best with 10-20 max people.**

FREQUENTLY ASKED QUESTIONS

Do people need any outdoor experience to enjoy a session or a course?

No experience is required for a fulfilling experience.

Where do the sessions and courses take place?

We use a number of sites around Sheffield, all with their own character. We can also come to you with our equipment so if you have an area you'd like to use, we can certainly discuss it.

What if it rains?

Shelters are provided in the case of rain showers. Sessions will only be postponed in the case of high winds, electrical storms or adverse weather conditions.

Will there be car parking, public transport or bike parking?

All sites have a car park a few minutes walk from the woodland space. They are all accessible by public transport and have safe bike storage.

Accessibility

All sites have welfare facilities including those for disabled people and most spaces will accommodate wheelchair users. The nature of the woodland environment means the ground can be uneven or muddy. If anyone is concerned about this, please do get in touch so we can ensure complete accessibility.

Health and Safety

All sites and activities are risk assessed. Woodland Wellbeing holds **liability insurance** (£10m), **SSC permit** and certificates in **Outdoor First Aid, Paediatric First Aid, Safeguarding** and **Food Hygiene**.



CONTACT

Please **get in touch** to discuss options or ask for a quote.

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"Thank you for our [wild woods day] - everybody said how good the whole experience was. We had a great day, and when we were at work on Friday, people were still talking about how much they enjoyed it."

-Group Leader, Hallam University Dept of Computing

