

ABC Olympics Proposal

Company: ABC Company

Date: TBD

Event Time: 2-3 hours

Location: TBD

Participants: 20-40

Goals:

1. Integrate ABC Company's core values: Courage, Simplicity, Trust, and Care.
2. Promote Teamwork, Communication, Leadership, and Inclusiveness in addition to a having a fun event.
3. Structure Competition that promotes strategy and putting people in different positions to succeed. We want people to feel as though they are contributing equally whether it's a physical or mental challenge. The events will be tailored so that there is strategy as to how you take on the challenge and in the actual performance, that way everyone is involved in the planning phase and execution is based on comfort level/strengths.

Proposed Event:

1. Event Themes

a. Courage

- i. Physical 1: Timed event of more physically challenging obstacles.
- ii. Combination 1: Survivor inspired relay race for whole team. Groups of 2-3 are assigned different stations that cannot be started until previous station is complete (1 physical/1 combination/1 mental).

b. Simplicity

- i. Mental Challenge 1: To promote simplicity teams can choose how many members compete, weighing too many cooks vs. variety of perspectives.
- ii. Mental Challenge 2: Teams can have as many people participate as they want, but 10 seconds are added to your time per person. Challenge will be more strategic.

c. Trust

- i. Light physical/team: Team building activity (we have several more traditional low ropes course obstacles to use).

- ii. Mental 3: Memory games or games with roles wherein you must rely on teammates to do their part.

d. Care

- i. Mental: Traditional team building exercise (whole team).
- ii. Physical: Obstacles that are more about technique and balance than strength.

2. Combination/Finale

A grand finale with one or two team challenges that incorporate all of the core values. Last place team will go first and strategy will change and vary depending on position in order to keep all teams engaged until end.

3. Format

Teams of 4-8 participants will compete in a series of events including puzzles, physical challenges, and team-building events, accumulating points throughout based on the order they finish. Each team will select participants knowing only the type of challenge and each person must go at least twice. The team with the most points at the end wins.

At the end we can do a debrief/open forum depending on time and your goals. Alternately in the past we have worked with sports psychologists, and professional speakers depending on the ultimate goals of the organization.

