

Outward Bound Professional Sample Itineraries

1-Day Insight Program

- Welcome and Introduction Review-program goals, expectations, safety and set tone by senior organization representative.
- Mental and Physical Stretching Initial-warm-up activities and review of characteristics of high-performance teams.
- Trust Sequences Group-initiatives strengthen trust and explore the limits, benefits, and applications of trust in the workplace. Facilitated discussions follow each exercise to insure learnings are captured.
- Problem-Solving Initiatives-tailored problem-solving activities that increase in complexity and explore issues of teamwork, effective communication, work processes and leadership.
- Debrief Morning Discussion-key individual and team skills, obstacles that impede individual and team success, expand on key learnings.
- Lunch Check-in to insure pace, approach, and objectives are in alignment with expectations.
- Project Based Teamwork-a series of increasingly complex tasks to focus on team performance and assessment.
- Day Review Evaluation-of the successes and challenges of the day and lay ground work for individual and Team Action Plans to apply learnings to the workplace.

4-Day Wilderness Program

- Day 1-Travel to base camp accommodations or wilderness area, followed by orientation and discussion of program goals and objectives. Begin Expedition.
- Day 2-A combination of team initiatives, backpacking, rock climbing and canoeing. Facilitated discussions on experiences and how they apply to the work environment.
- Day 3-A full day of orienteering and/or project-based team initiatives focused on improving ways the group works together.
- Day 4-Final team project, and Team Action Plans, departure.