

# OUTDOOR TEAM BUILDING



# OUR ASSOCIATES



## HIGHLIGHTED BUSINESS PARTNERS



# ABOUT SENSE



## SENSE TRAINING HOUSE

is a Hong Kong based training company that develops human capital. Our training aims at achieving sustainable and higher business performance by developing individual strengths and potentials. Our training activities are intellectual stimulating and emotionally engaging. Over the years, we have successfully ignited positive changes for various customers including individuals, schools, non-governmental organizations, and corporates in the Mainland China and Asia Pacific.



### MISSION

- ▶ Deliver quality training
- ▶ Develop teams and individuals potentials
- ▶ Drive business results



### VISION

- ▶ Become the lead in the training industry
- ▶ Nurture trainers in the training industry
- ▶ Shoulder social responsibilities



# CHARACTERISTICS



## Passionate Team

**SENSE Training House** was founded by a group of social workers who are passionate in developing training business. With better understanding in **psychology and human dynamics**, our training is well-known for the style of **person-centered and strength-based**.



## Trustworthy and loyalty

With **high quality services**, we gain trusts from our customers. Most of them become our repeat customers such as HSBC units, UPS, Milton Exhibits, etc.



## Innovative training

We are eager to explore and execute new training elements such as **social media and mobile apps**. We are the pioneer and have 6 certified facilitators applying **LEGO® SERIOUS PLAY®** into our programmes.



## Reputation for quality group training

We are experienced in handling **large group training**. Normal group size in our training program is 60-120 participants. We also conducted training to **over 1,000** I.T. staff of HSBC and an overnight camp for **over 300** international school students.



## Commitment

We concern and are committed to **meeting your needs**. We encourage thorough communication from the initial discussion to post-training evaluation.

# SCOPE OF SERVICE

*We provide five areas of training and adopt eight approaches to meet our clients' expectation and training need.*

## 5 AREAS OF TRAINING SERVICES



## APPROACHES



Experiential-based



Adventure-based



Talks & seminars



Hypnosis



Personality  
traits  
orientation



Neuro-Linguistic  
Programming  
(NLP)



Individual  
coaching &  
counseling



LEGO®  
SERIOUS  
PLAY®

# CLIENTS' FEEDBACK

*It is worth noting that the participants in the training had enjoyed themselves, as well as finding the training to be extremely useful. The training has prepared our competitors adequately for their upcoming participation in the WorldSkills Competition, particularly in the bonding and team spirit among team members.*

Tang Kin Ching, Assistant Manager (Skills Competition),  
International Development Office, Vocational Training Council  
(A training camp for competitors who will represent Hong Kong to participate in the WorldSkills Competition 2015 in Brazil)

*I would like to thank you for your team's efforts in organizing last Saturday's team building. It was a pleasure working with your Training house. Given the poor weather conditions, your team did an excellent job in executing "Plan B". Our staff thoroughly enjoyed the event.*

Susan K Y AU, Division Director,  
Hong Kong Island West Division, HSBC  
(A team building day for 200 frontline and managerial staff)

*The training is interesting and fun. Also, it can give me some insight on how team work can improve efficiency. This was an excellent event. It could deliver the People Workstream messages in a fun way. Greatly appreciate the effort for the organizing team (SENSE).*

Software Development, HSBC  
(12 sessions of "change management" and "team building" workshops for over 1,000 staff of the IT department)

*The top management enjoyed the training program on that day. Million thanks for you and your team. We look forward to our next co-operation.*

Jones Lang LaSalle (JLL)  
(A training day focusing in communication and cohesiveness for 70 participants from middle to top management)





# MINI-OLYMPIC GAME

You can watch Olympic game every 4 years, but now, you and your colleagues can participate a Mini-Olympic Game. SENSE now give you an entry ticket of a Mini-Olympic Game for your company to enjoy a day and we believe trust and communication will be enhanced between you colleagues as well as cooperation and team building will be resulted after the game.

## Why Mini-Olympic Game?

Simple and funny games are employed which everyone could be participated. Teammates have to cooperate with each other in "fighting" for each game, not only team building, 100% active participation of teammates will be resulted.

## Training Objectives:

- Completion of Task Efficiency
- Communication

## Duration:

Half or 1 Day

## Number of Participants:

60 or above

# ACTIVITY

## Zone A

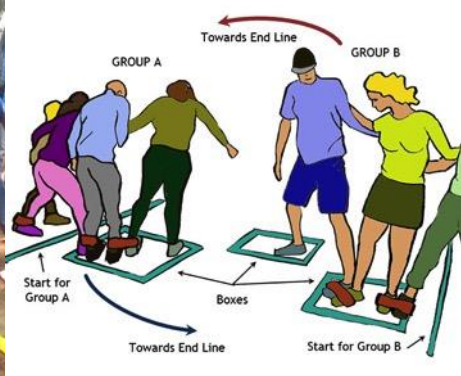
步步充氣 步步驚心



充氣相撲對決



毛毛蟲過河



銀仔站起來



蒙眼空中飛人



爆「轉」陀螺





# ACTIVITY

## Zone A

計步器挑戰 (FING頭版)



手忙腳亂



建高塔



跑住過三關



碰碰杯



比薩斜罐





# ACTIVITY

## Zone B

### Floor Curling (地壺球)







# AMAZING CHALLENGE

## Do think you ready for challenge?

**Amazing Challenge** is a mass game for your staffs to enhance communication and team building through fun and interesting tasks. All teams have to hit their highest score within a limited time frame. There are 20 challenges. The more number of challenge completed, the team wins.

## Why Amazing Challenge?

Amazing Challenge is a simple that could fulfil multi-purpose game. The outcome of Amazing Challenge includes but not limited to:

1. 100% Active Participation
2. Enhancement of communication between teammates
3. Team building

## Training Objectives:

- Strategy planning
- Decision Making
- Completion of Task Efficiency
- Communication

## Duration:

2 hours

## Number of Participants:

60 or above



***The 20 challenges are:***

1. The Sixth Sense 心靈感應	2. Flying Chicken 飛雞
3. Rope Skipping 跳大繩	4. Invisible Maze 隱形迷宮
5. Transformer 變形金剛	6. Round the Circle 圈中追圈
7. Balanced Rod 平衡棒	8. Traffic Jam 大塞車
9. All On Board 荒島求生	10. Human Knot 人結
11. Gymnastic 體壇健將	12. Distant Picking 隔空取物
13. Scream Team 合力狂呼	14. I can Fly 跳起飛翔
15. Fingers Circle 手指指	16. Swim Ring Relay 水炮接賽
17. Lowest to Highest 排次序	18. Healthy Journey 健康之旅
19. The Climber 翻越嶺	20. Hit the Bell 頂銅鑼

?

*\*The program may be changed based on the situation on event day*





# BRIDGING THE DIVIDE

Building a bridge with only cardboard, sticks and rope, participants need to collectively demonstrate some newly learnt skills. Divided teams each build part of the bridge and then “connect” the pieces to make a complete one, made up of similar designs. The bridge must be strong enough to withstand a 2 kg remote car passing through. The bridge must be freestanding; not attached to the wall, a piece of furniture, a person or an article of clothing.

### **How does it work to help your team?**

Bridging the divide is designed to help team leaders transform a group of loosely connected participants into a dynamic and a productive team – a process that seldom occurs naturally. It relieves boredom, lifts team spirit, increases team moral, and re-cognizes team members. With the practical experience of achieving success together, it helps to move a set of individuals forward in a team development process, and simultaneously provide important answers to a variety of critical questions that team members will face.

### **Training Objectives:**

- Problem solving
- Active listening
- Team communication
- Creative thinking
- Cooperation and teamwork

### **Duration:**

2 - 3 hours

### **Number of Participants:**

40 or above





# DANCING TYPIST

It's a very fun game which the participants will use the feet of the team to "type" the slogan on the big keyboard. As they compete, participants "type" as fast as they can and they are like dancing. The teams are provided several trials. So, they will change/improve their strategies and work out the best way for their own team.

## Why Dancing Typist?

Teams can easily be energized when the game starts. A lot of different team dynamics can be observed and further be debriefed.

## Training Objectives:

- Collaboration
- Strategy Planning
- Observation
- Problem Solving
- Communication
- Leadership
- Change Management

## Duration:

1 - 2 hours

## Number of Participants:

40 or above





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