

# The **Amazing Race**

An Exercise  
in **Teambuilding,**  
**Communication**  
and **Strategy.**

## **The Amazing Race**

*The Amazing Race* is an experiential teambuilding activity that engages participants in a fast-paced outdoor trekking experience designed to teach the dynamics of teamwork, communication, and strategy.

Groups are divided into teams of eight and are challenged to successfully navigate the *Amazing Race* course to find nine hidden markers within a given time period.

## **The Process**

Each person on the team has a distinct role. They learn a diverse range of skills such as topographical map reading, compass reading, GPS navigation, and distance pace setting. Individual team members must work in tandem with others in order to successfully find the nine markers. At each marker, the team must complete a short challenge activity that will further test their ability to work as a team.

At the conclusion of the race, our staff will complete a comprehensive debrief to ensure that maximum learning occurs.

The *Amazing Race* can be conducted as a half-day activity, or can be expanded to one full day by making the course more challenging or adding instructional components such as:

- *The Secrets of Successful Teamwork*
- *Communication: The Key to Teamwork*
- *The Stages of Team Development*
- *Leadership Behaviors that Promote Teamwork*
- *Developing Team Strategy and Commitment.*

*The Amazing Race* can be conducted in any natural outdoor location of the client's choice. Our team will work with you to build an *Amazing Race* course to your specifications.

## **Target Audience**

The *Amazing Race* is designed for any group desiring to increase their effectiveness including *Intact Teams, Project Teams, or Departmental Teams*. It can be used to launch new teams, enhance team performance along the way, or to help Team Leaders learn how to guide/coach their teams to higher levels of performance.



## **Outcomes**

The *Amazing Race* will help teams:

- *Accelerate through the phases of team development so that they can optimize their performance early on,*
- *Assess barriers to their performance and make appropriate adjustments,*
- *Magnify their effectiveness by focusing on the critical components essential to high performing teams.*