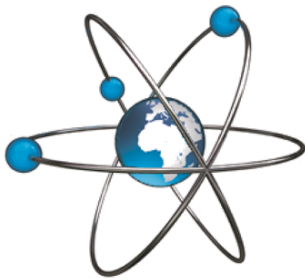




# Cape St Francis Resort



## Quantum Leap

Teambuilding and coaching facilitators

*Don't Limit Your Challenges – Challenge Your Limits!*



# HOW TO PICK A TEAM BUILDING OUTCOME



# HOW TO ACHIEVE YOUR GOAL



## Build Skills

Survivor Challenge - Potjie Cookoff - Braai Master  
Amazing Races - Beach Olympics - Resort Olympics  
Box Car Build and Race - Minute to Win It - SERVING



## Raise Awareness

Braai Master Challenge - Amazing Races - Beach Olympics  
Resort Olympics - Box Car Build and Race - SERVING  
Interactive Drumming - Minute to Win



## Bring Team Together

Survivor Challenge - Amazing Races - SERVING  
Box Car Build and Race - Interactive Drumming  
Interactive Yoga  
Minute To Win it - Indoor Team Dynamics



## Relax and Heal

Interactive Yoga - Interactive Drumming  
Interactive Canal Cruise - Guided Hikes  
Meditation and Healing Circles

# ACTIVITIES

Unless specified, teams are allocated through a blind selection process and given team colours to compete against one another. At the end of each activity a small prize giving is held to announce the winning team.

## Survivor

Based on the popular TV series, with an added Amazing Race twist, your team is transported by boat to a secret location on the Geelhout River. With no means of communication and only a map with clues and challenges to complete, which team will end up being The Survivor? You decide...

- The clock starts and teams must navigate the map and challenges, with emphasis being on completing challenges and to finish in the fastest time possible as a whole team.
- Comfortable clothing and shoes are a must e.g. active wear and running/hiking shoes.

## Potjie Pot Masters

Just like a good team, a potjie pot is a group of vegetables, meat and spices coming together to form something brilliant (and tasty too). This “relaxed” favourite is the perfect end to the day for any group as you sit at the fire and prepare your own meal for the evening, but remember, there can only be one Potjie Pot Master Team.

- Each team is given a pot with mystery ingredients, a prepared fire and a time limit to prepare their Potjie.
- Once the time is up, the judges view, taste and recall team spirit and the role that each team member had in making the pot.
- Rice and salads are then supplied and teams are encouraged to try each pot and Enjoy!

## Ultimate Braai Master

With Justin having hosted many an episode at The Resort we now offer two varieties of the Ultimate Braai Master Challenge, namely, The Mystery Box Challenge and The Pantry Challenge, each one unique in its outcome.

- The Mystery Box requires a three course meal to be prepared, each meal delegated to different individuals in the team.
- The Pantry Challenge is the same in terms of a three course meal except you get to choose the ingredients from a “pantry”, the catch however is that each team is given a budget to spend within.
- Lit fires and utensils are supplied; the rest is up to you.
- Everything must be prepared on the fire.
- Both challenges require each meal to be served in a certain time limit.



## The Amazing Races

One of the more popular activities for getting outside and seeing our beautiful area, how much of the area you want to see depends on two options. Both options require some logical map reading and clue deciphering. Both options are a lot of fun and they are:

- The Short Course takes you through The Resort and closer surrounds. Only a slight test of your fitness levels but a bigger test on your team work and mental fitness with challenges throughout the race.
- The Long Course introduces your team to the Greater Cape St Francis Nature Reserves and Beach and will test your fitness levels slightly. Maps and clues with questionnaires determine how quickly you complete The Race.
- Comfortable clothing and shoes are a must e.g. active wear and running/hiking shoes.

## Sun and Sand Olympics

Let's get you onto the Beach for some round robin fun. We have set up games to get you moving both physically and mentally while still having fun and enjoying some of that all-important vitamin D!

- Teams compete against one another in a round robin format.
- Each game has a time limit in which you can either win or lose in.
- At the end, the team with the most victories is declared champion.
- Bring sunscreen, shoes optional...

## Box Car Build and Race

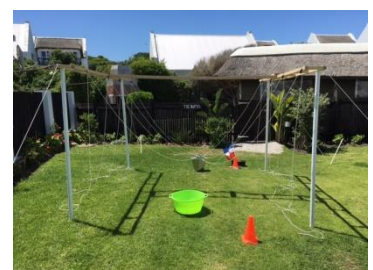
I have always wanted to build and race my own boxcar and now you can too! All the parts and limited tools are supplied for you to build your car as part of a team production line, once done and safety checked, we drag race to find the fastest team.

- Each team member is delegated to a certain part of the production line.
- Extra points available in the form of Speedbump Challenges.
- Comfortable clothing and shoes are a must e.g. active wear and running/hiking shoes.

## Interactive Drumming

Motivate, Unite and energize your staff with an Exceptional Interactive Drumming Session! Our unique Team Building programme is guaranteed to unite your company and empower your staff, leaving them Motivated. It will add a unique 'WOW' factor to your Team building event! Regular drumming sessions will keep your staff motivated throughout the year! Interactive Zulu Dancing, African Shaker Ball Building and more!

- Professional drumming instructors facilitate your team in the art of drumming.
- Face painting and additional relevant clothing/attire ensures a convincing and interactive experience.
- An interactive traditional dancing session will have all members



participating in a fun and motivating manner while observing fellow team members in a totally different environment.

- Build your own instrument! African Shaker Ball Building will bring out the creative side of your team members and it also serves as a wonderful gift to take home and remember the actual experience.

### Interactive Yoga with Visualisation Circle

We open up with an interactive session to break the ice and create self-awareness in a group dynamic.

This helps pave the way for the group to connect on a deeper level in order to resolve issues, whether personal or within the team.

We then equip each individual with the necessary tools and life skills to move forward in a more positive and productive frame of mind.

This is achieved through:

- Movement
- Positive visualization
- Breathing exercises
- Communication and mindfulness
- Relaxation through meditation

### Indoor Team Dynamics

We all know that the weather doesn't always play along, for that reason we have a variety of indoor games to keep your team busy. These are and are not limited to:

- **Minute to Win it** – based on the popular hit TV series, teams will have the opportunity to challenge each other as they partake in a number of “blueprint scenarios” and try to win it in under a minute.
- **Role play and Charades** – bring out the inner actor in you with these fun scenarios custom made to be relevant to your company/department...
- **Puzzle Challenges** – not as easy as it sounds, these challenges will test your mental and physical capabilities.

### Interactive Canal Cruise

Sit back and enjoy this two part Boat Cruise on the beautiful St Francis Bay Canals.

- Part one is an introduction to the canals while our knowledgeable skippers inform you of the happenings on the canals such as bird life, canal names and tidal differences to name a few.
- After a short break Part two commences and we see just how well you were listening with a questionnaire on what you may have learnt in Part one...

### Guided Hikes

Take a guided hike in any of our Nature Reserves in Cape St Francis, or for the more adventurous, do the Bay to Bay hike from Cape St Francis to St Francis Bay with a Calamari Tasting along the way and a cool craft beer at The St Francis Brewing Company to end off your hike.



## SERVING

It's time to give back and go green in Cape St Francis with SERVING.

### SERVING stands for:

Social – Your team gets to be social with each other during this team build as you interact with one another but the bigger picture is your social responsibility in the community by enabling a community project to either recycle their waste, grow their own vegetables or both...

Environmental – Along with your social responsibility comes your environmental responsibility where you undertake to be financially responsible for the rehabilitation of at least one penguin at the SANCOB Penguin Rehabilitation Centre at the Cape St Francis Lighthouse.

Recycle – While helping others to learn the importance of recycling, you will learn how easy it is to do the same in your own environment, whether it is at home or in the office...

Viability - is the ability of a thing (a living organism, an artificial system, an idea, etc.) to maintain itself or recover its potentialities. We are looking after our future through our social and environmental responsibilities.

Ingenuity - is the quality of being clever, original, and inventive, often in the process of applying ideas to solve problems or meet challenges.

Nature – We leave the office environment behind and get out into nature and appreciate what it has to offer.

Grow – By accomplishing the above we ourselves grow with a sense of wellbeing and having given back just a little...



# TIMEFRAME AND COSTS

ACTIVITY	TIME	COST PER DELEGATE
Survivor	5 – 6 hours	From R 800.00
Potjie Pot Masters	2-3hours at Resort / 5-6hours at River Location	From R 300.00/R800.00
Ultimate Braai Masters	2-3hours at Resort / 5-6hours at River Location	Price on Request
The Amazing Races	1.5-2 hours short / 3-4 hours long	R 250.00 / R 418.00
Sun & Sand Olympics	1.5 – 2 hours	R 250.00
Box Car Build and Race	1.5 – 2.5 hours	R 350.00
Interactive Drumming	1 – 2 hours	Price on Request
Interactive Yoga and Visualisation Circle	2 – 3 hours	R 300.00
Indoor Team Dynamics	1.5 – 2 hours	R 250.00
Interactive Canal Cruise	1.5 hours	R 270.00
Guided Hikes	1.5 – 4 hours	Price on Request
SERVING	Whole Day	From R 950.00

At Quantum Leap we believe that flexibility is key. All our activities can be tailor made into a package that suite your physical and mental demands. Don't limit your challenges; rather challenge your limits...

Our facilitators are available to meet to layout the perfect package so that you can be sure to reach your desired outcome.

Contact us today for an obligation free quote:

[dane@capestfrancisresort.co.za](mailto:dane@capestfrancisresort.co.za) – 079 717 7755

[betty@capestfrancisresort.co.za](mailto:betty@capestfrancisresort.co.za) – 082 492 5181

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