



# Cape St Francis Resort

## TEAM DEVELOPERS AND COACHING FACILITATION

### ACTIVITY LIST



# THE ESCAPE ROOM

**Enter the Escape Room and it will take teamwork to exit!**

This timed challenge allows team members to think outside the box and use their collective minds to solve riddles, puzzles and clues in order to escape the room. The challenge is aimed at promoting team work, managing time under pressure, communication and awareness of your surroundings. The activities in the escape room will test your physical and mental abilities.



# THE “SENSELESS” CHALLENGE

**Looks so good you can almost taste it right?**

But what if you couldn't? In this challenge we put you through challenges as a team to test what we often take for granted, our five senses... Team members will work in groups with each member having at least one of their senses “blindfolded” while completing the task at hand. The challenge promotes working towards a common goal, team work, working under pressure, task setting and delegating.



# TIDAL PRESSURE

**All you can hear is the sound of waves getting closer and closer!**

We supply the materials and your team has the time of the tide to build a structure to rise above the incoming waters. With the above scenario set we can host this activity anywhere and at any pace you wish. The goal of the challenge is working together to build something strong enough to hold your team above deep waters... This challenge promotes team work, communication, handling pressure and broadening your physical abilities.



# TAKE ME UP TO THE RIVER

**Relax and enjoy the scenery while boat cruising to our farm venue.**

Once there you can forget about your cell phone as we unplug from the day to day grind and enjoy a bit of sunlight while competing in tailor made challenges for the river environment. We have activities for the adventurous that include raft building, canoe racing and target practice and we have more mindful activities such as the digital detox and silentsoul experiences. More information to follow on these options.



## ART JAM

To provide a relaxed space for team members to interact and know each other outside of their usual work routine and environment. To create team experiences that enrich the team spirit.

To stimulate team identity.



TEAMWORK MAKES THE DREAM WORK

## DIGITAL DETOX CREATIVE WORKSHOP

MUSIC | ART | MIXED MEDIUMS | REFRESHMENTS

DIGITAL DETOX IS TO INSPIRE, EDUCATE AND EMPOWER PARTICIPANTS TO CREATE MORE MINDFUL, MEANINGFUL, AND BALANCED LIVES, ONLINE & OFFLINE. BY USING DIGITAL DETOX THROUGH ART THERAPY, PARTICIPANTS GET A TIMEOFF FROM ELECTRONIC DEVICES, SOCIAL MEDIA, EMAILS, AND THE LIKE; AND THEY CAN TRULY ENGAGE THEMSELVES INTO CREATIVE EXPRESSION.





## Silent Soul Yoga

STRETCH | STRENGTH | MOVE | RELAX | CONNECT

GUIDED EXPERIENCE

MUSIC IN NATURE

**silentsoul**  
experience wellness

SUITABLE FOR ALL LEVELS OF FITNESS

## LIFE COACHING IN AN IMMERSIVE INTERACTIVE TEAMBUILD EXPERIENCE



## WIRELESS HEADPHONE TECHNOLOGY

## EMPOWERING

Powerful and life changing  
Music the elixir of life  
De stress, grow and have fun  
[www.silentsoul.co.za](http://www.silentsoul.co.za)

**silentsoul**  
experience wellness

Get up and move! Gentle exercise to help the body feel great. Movement to burn off some steam, stretching to make you feel younger. Designed to get the blood to flow, heart to beat so you feel more alive and stimulated, switch on your brain, improve circulation. Feel comfortable in your own skin. A teambuild experience designed to improve the over all dynamic wellness of the individual and group. Adjusted poses to suit the level of fitness per team.

Coach your team to greatness. In this fun, entertaining and immersive experience we cover life changing advice from the best experts in personal growth and development of the world. It's fun, funny and insightful. Expertly designed offering a team an opportunity to learn together and grow. Guided and facilitated by a professional life coach. Uplifting, motivating and empowering.





# POTJIE CHAMPS

## **A great lunch or dinner option for the team.**

We supply the ingredients, fire and pots. You supply the gees and culinary skills that hopefully crowns your team the Potjie Champions! As the challenge ends up being your meal for the day the task at hand is not to be taken too lightly. To add a bit of spice, we throw in a few “speedbump” challenges to keep you busy during the cooking.

The challenge promotes team work, working towards a common goal, competitiveness and hunger...



# BRAAIMASTERS

## **We've learnt a thing or two from the ultimate braai master!**

Many a season of The Ultimate Braai Master show has been filmed at the Resort so we've brought the challenge into our team building options. Teams receive a mystery box and are challenged to create a three course meal using one of the oldest methods of cooking... the braai fire! Teams are judged on strict criteria and because only the judges taste your meals we suggest you get creative!



# BOX CAR CHAMPS

## **We all wanted to do this when we were younger...**

Time to make it a reality. Teams get to build a box car with the parts provided within the time limit. Once built we RACE! You put your build to the test on our closed circuit route, the best car will be fastest and make it to the end. This challenge promotes team work, delegating, working towards a common goal, competitiveness and comradery.

# THE AMAZING RACES

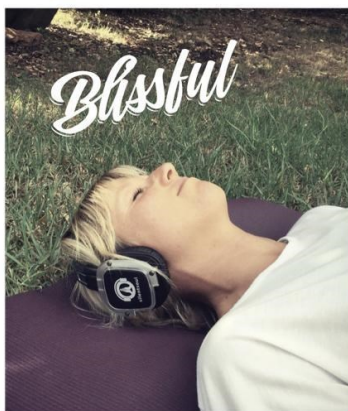
**Take a trip around the Resort, or around Cape St Francis, or around the Greater St Francis area.**

We've set up a race to suite your time constraints whether it be 1 hour, 4 hours or 6 hours. All races are a challenge within themselves that will leave your team talking about it for weeks to come... Our short race takes place in and around the Resort with multiple challenges to bring the team together. Our middle race takes you around Cape St Francis, on foot, which is a great way to get the energy levels up and see a bit of our village. The long race requires teams to travel by own vehicle to destinations in St Francis Bay, Port St Francis and Cape St Francis. Strict rules apply to all races so do not consider this a walk in the park...

**MEDITATE  
RELAX  
REST**

*Peaceful*

*body mind soul*



**Music Nature Body  
Mind Soul**



## SILENT DISCO

A celebration of traditional dance culture in a unique setting  
No noise and 3 channels of your choice in style of music

SilentSoul wireless headphone technology

[www.silentsoul.co.za](http://www.silentsoul.co.za)

When you need some time out! Simple and easy to do. Suitable for all ages and levels of fitness. Clinically proven to manage stress and anxiety. An opportunity to learn simple techniques that can add value to everyday of your life. A team bonding experience. Uplifting and relaxing.

Dance the night away. 3 music channels. Music to satisfy all tastes. No noise and an opportunity to socialize, take a load off because at the end of the day some want to chillax, some want to chat and some like to boogie.

# MINUTE TO WIN IT

**Based on the popular TV show.**

One of our rainy day options, Minute to Win it is a fun team activity where you choose who plays the game. As always you'll have a minute to complete the challenge, if you don't then fear not as we allocate points to each successful challenge and tally the score at the end...

SILENTSOUL PRESENTS



## MUSICAL TIMELINE

### NOTE 4 NOTE MUSIC QUIZ

FUN FACILITATED  
INTERACTIVE EXPERIENCE

**silentsoul**  
experience wellness

Games are always fun. Add the competitive edge and you have a challenge. A music trivia night, with clues to listen to. Recognize the songs with just a few notes. Designed according to the demographics of the group. Fun, relaxed and entertaining.

**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 | Cape St Francis Resort – 042 298 0054**