



## **POSITIVE ACTION TEAM AND LEADERSHIP CAMP (PALCAMP)**

**Proposed Dates:** To Be Advised  
**Duration:** 3 Days 2 Nights  
**Time:** Friday 6.00 pm – Sunday 1.00 pm  
**Venue:** Lanjut Golden Beach Resort, Rompin  
And Endau Rompin National Park, Pahang  
**Facilitators:** Phillip Gunter (Outdoor Training Specialist) and Team  
Fabian Fidelis (Indoor Training Specialists)

### **Introduction:**

No man or woman is an island. The power of synergistic cooperation can only be harnessed through effective & efficient teamwork. Thus, training the members of the team is core to the success of any company in this new age of rapid change. When each member of the team works in harmony with one another, the level of performance and service produced is nothing short of true professionalism.

### **Purpose:**

The chief aim of this workshop is to inculcate into each participant (through interactive learning, games, role-playing and experiential fun indoor and outdoor activities) the importance of working as a professional team. Throughout the sessions, participants will learn the core aspects of what makes a team successful, contributing to the profitability of their company. At the end of the workshop, participants will hold in their hands specific skills, concepts and experiences that can propel their team and company toward greater professionalism and as a result, greater profitability.

### **Programme:**

#### **Day 1: Friday (Indoor Activities)**

12 Noon : Transfer from KL by Coach to Lanjut Golden Beach Resort, Kuala Rompin, Pahang  
4.00 pm: Welcome by Camp Facilitators and Hotel Staff  
Welcome Drink Camp Check-In  
5.00pm: Icebreaker Session, TEAM Formation,  
Flag Making, Ground Rules  
6.30pm: Wash Up for Dinner



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7.30pm: Dinner

8.30pm: **TEAM FORMING: SESSION 1: Teamwork & Leadership: Team Dynamics & Me**

Activity: Team Personality Understanding

10.30pm: **TEAM FORMING: SESSION 2: Teamwork and Leadership: Trust Building**

Activity: The Night Walk: The First Test of Teamwork

11.30pm: Lights Out

### **Day 2 : Saturday (Outdoor Activities)**

7.00am: Rise and Shine

7.15am: Morning Exercises and Stretching Warm Ups

8.00am: Breakfast of Champions

8.30am: Bus Ride To Endau Rompin Base Camp

10.30am: Base Camp Safety Briefing and Group Introduction To  
Guides. Tea Break.

10.30am: **TEAM STORMING: SESSION 3: Team Work and Leadership: Focus Objectives**

Activity: Tracking to Waterfall

Activity: Station Survival Skills

Spider Web

Fire Making

Snare Making

Stretcher Making



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12.00noon: Arrive at Mahkota Waterfall – Rest and Relax

1.30pm: Scenic Jungle Tracking and Lunch

2.00pm: Bus Rid Back to Hotel

4.00pm: Tea Break – Local Specialty Snacks

4.30pm: **TEAM STORMING: SESSION 4: Teamwork and Leadership: The Group Dynamics**

Activity: Team Raft Making and Sailing Skills (conducted by the lake)

5.30pm: **TEAM NORMING: SESSION 5: Teamwork and Leadership: Sensitize Your Team**

Activity: Catch Your Own Dinner: The Pukat Tarik Team (conducted by the beach)

6.45pm: Wash up and rest

7.30pm: Team Norming Beach Barbecue Dinner

Activities: Debriefing of days

: Trivia Challenge

: Team Performances

: Show by Facilitators

: Celebration of Team Success

10.30pm: Lights out.



### Day 3: Sunday (Indoor Activities)

6.00am: Rise and Shine

6.30am: Morning Exercise

7.00am: Breakfast of Champions

8.00am: **TEAM PERFORMING: SESSION 6: Teamwork and Leadership: Energize Your Team**

Activity: Emotional Involvement

Activity: Moving Your Team

10.30am: Tea Break

10.45am: **TEAM PERFORMING: SESSION 7: Teamwork and Leadership: Management of Being**

Activity: Hurricane, Hurricane, Hurricane

Activity: The Game of Giving

12.30pm: Wrap Up and Q & A

1.00pm: Photo Session Camp Check-Out and Transfer to KL (arrive approximately 5.00pm)



**Workshop Structure:**

**DAY 1 INDOOR ACTIVITY**

**TEAM FORMING: SESSION 1: Teamwork and Leadership: Team Dynamics and Me**

- Participants will understand more about their own personality and learn to develop a sense of personal confidence to work with others ("When I can like myself, I will also like my team mates")
- Participants will learn to focus on the strength of each team member. (How you see your surroundings will determine whether you regard your team positively or negatively)
- Participants learn how to remain positive throughout the workday as part of a team (How to avoid letting personal unhappiness affect the performance of the team)

**TEAM FORMING; SESSION 2: Teamwork and Leadership: Trust Building**

- Participants will learn the importance of expressiveness in the survival of a team's trust
- Assertiveness: if team members keep their true feelings repressed, the mechanisms within the team will eventually blow up. Participants learn the keys to effective gentle assertiveness
- Sensitivity: if we go about our day without noticing that our team members are hurt / unhappy, the team will grind to a halt. Participants learn how to identify with their own feelings and how these feelings effect their team mates

**DAY 2 OUTDOOR ACTIVITIES**

**TEAM STORMING: SESSION 3: Teamwork and Leadership: Focus Objectives**

- Participants learn how to identify team members who unconsciously bring down the morale of others & how to identify the above traits in themselves
- Participants learn how to harmonize their personal priorities as members of a coherent entity
- Participants will also be more aware of focus efforts to achieve a common objective for the team

**TEAM STORMING: SESSION 4: Teamwork and Leadership: The Group Dynamics**

- Participants cultivate the fundamental ingredient of team success: Think Win-Win-Win
- Participants discover which kind of co-worker they are through a series of self-revealing fun activities
- Participant will sharpen their survival skills and build teamwork and leadership

**TEAM NORMING: SESSION 5: Teamwork and Leadership: Sensitize Your Team**

- Participants applying the skills in a fun team-assignment as a recap of what they have learnt
- Participants will cultivate a creative culture within their team (a team is alive as long as creativity within the team is alive)
- Teams will have to work together to come up with solutions which will sensitize them to be more effective and dependable when dealing with other team members

**DAY 3 INDOOR ACTIVITIES**

**TEAM PERFORMING: SESSION 6: Teamwork and Leadership: Energize Your Team**

- Participants will learn to let go of identity and relate to one another truly as a human being without inhibition and relate to one another in a high-touch emotional instead of the traditional intellectual level.
- Participants will comprehend that intellectual understanding of team and leadership concept is of little practical value without emotional involvement.

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- Participants appreciate the importance of systems in accomplish team task effectively and efficiently.

### **TEAM PERFORMING: SESSION 7: Teamwork and Leadership: Management of Being**

- Participants will appreciate that team effectiveness begin with themselves and learn to energize themselves from within in order to lead themselves and others productively
- Participants will experience the true meaning of happiness and will be tested on their true nature
- Participants will craft an unforgettable oneness experiences with one another and end the session with a high note.

### **Session Style:**

Experiential leaning would be the main method used throughout the workshop. You will learn through the “Aha” approach, as they discover key concepts themselves through mind-building activities “MBA”]. You will be immersed and enlightened throughout the workshop via games, role-playing and interactive participation. Key concepts will be absorbed through these hands-on activities and self reflection.

### **Overall Target:**

Upon completion of the workshop, participants should be able to :

- Understand yourself and others better
- Improve your level of cooperation within the team, making achieving company projects easier
- Increase your creativity as a team and generating ideas
- Work in improved harmony and communicate better
- Become more competitive, motivated & goal-oriented leader and team member

### **Logistics:**

- Each participant will receive a set of workshop materials
- Dress code: Casual and Sports Wear (list of items to bring will be provide before the trip)
- Number of Participants: 150 persons
- Accommodation will be on a twin sharing basis in 4 star hotel and chalets
- All meals provided as per schedule above
- Safety is our priority and all activities will be closely monitored by qualified outdoor training specialists. Pro-Active Training and its trainers however cannot be held responsible for any mishaps that may occur during the conduct of this training programme.

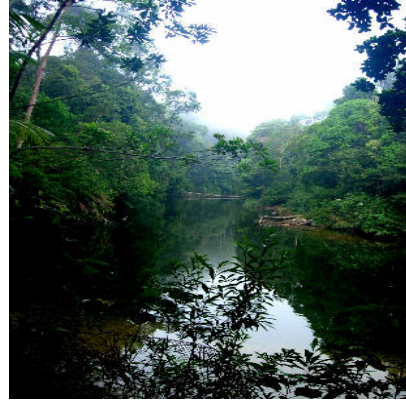
### **Training Package**

- **The Positive Action Leadership Camp Programme includes:**
  - Return transfers in Air Condition Coach : Kuala Lumpur – Hotel – Kuala Lumpur
  - 2 nights Accommodation on a Twin Sharing basis in a Deluxe Room at Lanjut Golden Beach Resort (Please advise that there will be extra charges for single rooms) and Chalets (for managers)
  - Meals
    - Day 1: Tea Break, Dinner, Supper
    - Day 2: Breakfast, Morning Tea, Packed Lunch, Local Afternoon Tea and Barbecue Dinner, Supper
    - Day 3: Breakfast, Morning Tea, Lunch



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- All team indoor and outdoor activities and necessary workshop materials and equipment
- Endau Rompin National Park Guides
- Return Bus Transfers: Hotel – Endau Rompin - Hotel
- Function Room
- Lots of Fun, Laughter, Learning, Great Feelings, Mindset Changes and Unforgettable Moments translated to Better Productivity, Teamwork, Leadership, Creativity and High Return on Investment



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