

TEAMBUILDING

FALL/WINTER



NEMACOLIN
WOODLANDS RESORT

Expect the Unexpected

GROUP SERVICES / TEAMBUILDING ACTIVITIES



Teamwork is essential to a company's success and allows everyone an opportunity to tap into their highest potential. Nemaacolin's teambuilding programs will help your company grow by motivating and encouraging participants in a safe environment.



**HOLISTIC HEALING
CENTER**

FREE TIME

Scheduling free time for your group? Don't forget about the Holistic Healing Center's treatment menu. Each service is performed in a private suite and combines personalized luxury with true healing.

Experience services and treatments such as: Acupuncture, Acu-Facial, specialty massages including: Stress Relief Therapy, Healing Energy Work, Metabolic Testing, Hormone Testing, Posture and Body Alignment, Emotional Freedom Technique and Personalized Yoga, Tai-Chi, or Meditation Sessions.

WORKSHOPS

Combine our Teambuilding Activities, Refreshers and Rechargers with free time to incorporate personalized services to customize your own workshop available only at the Holistic Healing Center.

Sample objectives for your workshop may be, but are not limited to:

Education	Healthier Mind and Body
Fitness	Officeplace Camaraderie
Destressing	Teamwork
Balancing	Well-Being
Recharging	Enlightenment
Relaxing	Harmonizing
Unwinding	Bonding
Energizing	Nutrition
Work and Family Flow	

REFRESHERS (20 MIN)

Designed to give attendees a moment to stretch their bodies and refresh their minds in a brief but impactful 20 minute wake-up session, performed in your meeting room. Starting at \$120 inclusive of gratuity.

RECHARGERS (45 MIN)

Let us take you and your guests out of the meeting and into a new space aimed to revive and recharge. As a result you will notice stronger participation and increased enthusiasm upon your return. Starting at \$150 inclusive of gratuity.

ACTIVITIES

Activities can be reserved for 1, 1 ½ or 2 hour sessions. They can be performed within your meeting space, at the Holistic Healing Center, outside, or anywhere on the Nemaocolin property.

YOGA: Yoga is available for beginner to expert levels. Styles include Restorative, Yin, Ashtanga, Kundalini, Bikram, Iyengar, Vinyasa and Hatha techniques.

WALK & YOGA: Unplug and experience Nemaocolin's tranquil property with a Walk and Yoga session. Satisfying for all levels.

VISION BOARD: A Vision Board is a valuable teambuilding activity that works to align company goals with personal ones.

JOURNALING: Remove the pressure, judgement and expectations and freely express yourself through journaling.

GROUP GARDENING: Sometimes we just need to reconnect with nature and get our hands dirty. This educational yet practical class will leave the group feeling rewarded.

ART & WINE: Our Art & Wine class encourages participants to relax and develop a new skill, while inspiring artistry and imagination.

COOKING & NUTRITION: Exciting, informative and interactive. This class is customized to your goals and includes tastings.

MEN'S OR WOMEN'S HEALTH: Learn and grow as we discuss the topics of most importance to men and women today.

WALKING MEDITATION: This environment creates a meditative space all can appreciate. Available in the labyrinth or Holistic Garden.

EMOTIONAL FREEDOM TECHNIQUE: Learn and practice a healing technique rooted in Chinese Medicine that can be used to balance your past with a healthy, productive attitude towards your future.

GUIDED MEDITATION: Let our professionals lead your group through a controlled meditation session.

GROUP ACUPUNCTURE: Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health and improve overall function and well-being. It is a safe, painless and an effective way to treat a wide variety of medical problems. Nemaocolin acupuncturists do not diagnose any type of medical condition.

TAI CHI: An introductory class to Tai Chi, which is derived from Chinese martial arts. Considered as a mind-body form of exercise often referred to as meditation in motion. Wear active attire.

GROUP HYPNOSIS: Move past personal obstacles in the workplace. A few topics include: weight management, smoking cessation, pain management and stress relief.



For more information or to book your Holistic activities, please contact the Holistic Healing Center at 724.329.6411.



**ACTIVITIES &
ADVENTURE**

TEAMBUILDING INITIATIVES

Here at Nemaocolin, we believe that a true team is the result of hard work, shared experiences and truly believing in what we do. To assist you in strengthening your team, we have developed several activities for your group to work through together. These activities are designed to illustrate a variety of lessons including cooperation, ethics, communication, work-life balance, sales techniques, goal setting, leadership styles, and more.

Below is a sample of initiatives to give you an idea of what is in store:

- The Bull Ring
- The Pipeline
- Centipede Shuffle
- Giant Puzzle
- Bomb Removal
- Wordles
- Water Tubes
- Climbing Wall Challenge
- Magic Carpet
- X Marks the Spot
- Blind Artist
- Tallest Tower

This indoor / outdoor activity is available year round and lasts approximately two hours. \$35.70 inclusive per person.

BUILD A BOAT

Bring your entire group for one of the most unique events at Nemaocolin! Once teams are determined, we will provide you with the supplies, which include duct tape, 4X8 sheets of cardboard and garbage bags. You will also have chances to win extra materials. The ultimate goal, build a boat and paddle that will transport two of your team members across our family pool in a race for the quickest time. You will be amazed at how many boats actually make it. A hilarious event that brings out the creativity in everyone!

This is an indoor activity that is available year round and lasts approximately two hours. \$53.55 inclusive per person.

BREAKING THE ICE

Interested in teambuilding but don't have a lot of time? Allow one of our facilitators to bring the fun to you! Breaking the Ice, is a program created to break-up a meeting and focus on communication, group think, and teamwork. Our facilitators will incorporate anywhere from 1-3 activities filling a 1 hour timeframe. The activities are hand selected by the facilitator based on your group demographics.

This indoor / outdoor activity is available year round and lasts approximately one hour. \$238.00 inclusive total.

THE ART OF TEAMWORK

Working together on pre-drawn canvases, teams will paint colorful prints that when combined, form beautiful natural murals. The finished works of art can be displayed back in the workplace. Team murals can be completed in as little as two hours and are sure to brighten up any wall where they are displayed. Groups can choose from famous works of art to their own company logo. The effects of this colorful festival of paint and people will last long after the final painted canvas has dried.

This indoor activity is available year round and lasts approximately two hours. \$45 inclusive per person for groups less than 10 and \$40 per person for groups greater than 11.

DIGITAL PHOTO SCAVENGER HUNT

Each team is provided with a digital camera, a map and clues. Teams must decipher the clues as they begin exploring the resort. A variety of clues will require the teams to learn something new about the resort while being asked to take a photo of your team with the clue. Creativity is encouraged. This is a challenge that will take you from one end of our resort to the other. It is a great activity for new guests to learn about the property and a challenge for guests to test their resort knowledge.

This is an indoor / outdoor activity that is available year round and lasts approximately two hours. \$29.75 inclusive per person.

JEEP® BONANZA

Get ready to get dirty with one of our most adventurous teambuilding activities. The activity will begin with an Instruction Class which will provide an introduction to driving the off-road vehicles. After the introductions course, each participant will get the opportunity to drive the off-road vehicle throughout the miles of wooded trails. There will be hidden stops along the way for group challenges which include anything from archery to fishing and more.

BRONZE – \$575.00 inclusive per Jeep

SILVER - \$714.00 inclusive per Jeep

GOLD - \$856.80 inclusive per Jeep

This is an indoor / outdoor activity that is available year round. Pricing determined by level chosen.

WINTER WACKY OLYMPICS

This winter experience is sure to be the talk of the water cooler when you get back into the office. Events are held outdoors and will lead the group to fits of laughter and tons of fun!

The Winter Wacky Olympics Includes:

- Snow Shoe Relay
- Group Ski
- Snow Tubing Race
- Snowball Toss
- Snowman Building Contest
- Hand Ski

This is an outdoor activity that is available December through March and lasts approximately two hours. \$41.65 inclusive per person.

TOUR DE NEMACOLIN

This exciting program allows you to build your team's morale and communication skills while contributing to a community in need. Your team will be divided into groups to solve specific mind challenges. As your team solves these challenges they will gain pieces of a bicycle. Each challenge completed moves your team closer to building a new bicycle for young children. Your business and / or organization can pick a community or an organization to donate the bicycles to.

This indoor / outdoor activity is available year round and lasts approximately two hours. \$95.20 inclusive per person.

BUILD A SLED

The Build a Sled teambuilding event at Nemaocolin Woodlands Resort inspires creativity and promises fun! We provide the supplies and you supply the imagination and hard work. Each team will be provided with duct tape, 4X8 sheets of cardboard and garbage bags. You will also have chances to win extra materials. The ultimate goal, build a sled that is sure to be faster than your opponents. You will be amazed at how fast some of the sleds actually go. A hilarious event that brings out the creativity in everyone!

This is an outdoor activity that is available December through March and lasts approximately two hours. \$53.55 inclusive per person.

For more information or to make reservations for your teambuilding activities today, please contact Grace Wright at 724.329.6413 or grace.wright@nemacolin.com.



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WOODLANDS RESORT

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