



resort experiences

resort amenities

18 hole championship golf course

Putting green

Club rentals, group lessons/clinics, pro shop

luxurious 8,000 square foot spa

16 treatment rooms overlooking the valley

skiing & snowboarding

15 alpine runs, 2 terrain parks, 2 lifts, magic carpet

Ski rentals, private and group lessons

Snowshoe hiking, rentals available

mountain bike trails

indoor and outdoor pools, dry sauna and hot tub

fitness centre and hiking trails

bocce court

horseshoe pit

Adamo Estate Winery

Some amenities are weather dependent.

hockley.com 1-866-HOCKLEY



palate pleasers

beer tasting

Sample a selection of six beers focusing on local, artisanal breweries and international selections of various styles. This 30-45 minute event can be held prior to or after your dinner and includes cheese and charcuterie for your enjoyment. \$32** per person

the perfect risotto

Enjoy a cooking demonstration, tastings and a glass of wine while learning tips to making the perfect risotto. Gather around the food bar to watch the chef prepare one of the most challenging Italian inspired dishes, a garden risotto. Includes an informative 30-45 minute session with questions and answers with the chef. \$48** per person

the art of pizza making (may – october)

Gather around the outdoor grill and learn the art of pizza making. Prepared before your eyes in 90 seconds from our wood-fired oven using fresh garden ingredients. Enjoy a cooking demonstration, tastings and glass of wine in Hockley's garden. Includes an informative 30-45 minute session with questions and answers with the chef. \$48** per person

garden tour (may-october)

Enjoy a guided tour through our organic garden and orchard. During the tour we will explain gardening techniques, secrets of the trade and showcase our garden-to-table philosophies. Guests will be free to taste the bounties of the garden depending on the season and what is available. The guided tour will also include a tour of our training vineyard where you will be treated with a glass of sparkling wine as you meander through the vines exploring the several grape varietals that we are growing. \$32** per person

the great chili cookoff

We provide all the fixin's for a fantastic chili – teams work together to make the perfect chili! Our culinary team will attend the final presentation and decide which chili is the big winner! (done as a meal replacement) \$96** per person (or plus \$45* per person in addition to the corporate package rate, maximum 40 person)

*Plus taxes and gratuities. **Surcharge of \$150 + HST will apply for groups of less than 15. Additional charges may apply for groups over 30.

hockley.com 1-866-HOCKLEY



adamo estate winery

private tastings

Minimum 10 guests, maximum 20 guests per guide.

*Add a tour for \$16** per person*

adamo introductory flight

Includes a structured tasting of 4 Adamo Estate wines featuring two aromatic white wines, one rosé wine and one red wine.

\$21**

adamo premium flight

Includes a structured tasting of 4 Adamo Estate Premium wines.

\$32**

private tour, tasting & culinary experience

Minimum 10 guests, maximum 20 guests per guide.

chocolate experience

Includes a 30 minute guided tour of our vineyard and winemaking facilities followed by a structured tasting of 4 Adamo Estate wines paired with chocolate.

\$58**

cheese & salumi experience

Includes a 30 minute guided tour of our vineyard and winemaking facilities followed by a structured tasting of 4 Adamo Estate wines paired with our house-made salumi and curated cheese boards.

\$58**

**Plus taxes and gratuities.

hockley.com 1-866-HOCKLEY



sporting fun

group golf event

Improve your golfing skills with 2 x 30 minute workstations with our professional golf staff. Alternate between stations focusing on putting and chipping. \$25 per person, minimum of 8 people or a minimum fee of \$200 per group. Available during golf season, group size restrictions may apply.

downhill ski lessons

Enjoy lessons from our renowned ski instructors. \$125 per hour +HST per person, additional persons (same ability, same discipline) \$39 per hour +HST **Must have valid lift ticket or season pass to participate. Rentals are extra.

get your group on

enjoy a communal bonfire (available October through April)

Enjoy a cozy bonfire and warm beverages for a fun evening. Marshmallows or s'mores add to the enjoyment. Food & beverages are priced separately.

entertain me

Ask us how to arrange a great onsite event for your group. Conducted before, during or after dinner.

Examples include:

Yuk Yuk's Comedy Show

Magic Workshops

Casino Night

Line Dancing

Karaoke

"Titanium Chef"

Bonfire

Rock the Stars and so much more...

*Plus taxes and gratuities.

hockley.com 1-866-HOCKLEY



CORPORATE WELLNESS

JULIE CASS; MOTIVATIONAL SPEAKER, AUTHOR, CERTIFIED HEALTH, BUSINESS & EMPOWERMENT COACH.

PERSONAL PROFILE

A renowned keynote speaker, Julie has spoken at over fifty conferences and companies across North America. She has been an expert guest speaking on Global TV, CHCH and CP24, to writing for major publications such as Canadian Living, Canadian Business Journal, Spa Canada and is a published best selling author.

Julie Cass is a transformational life and business coach, and founder of The Positive Change Group. She helps teams tap into their full potential and create success.

COMPETENCIES

Motivational Speaker

Author

Certified Holistic Health Coach

Certified Master Life Coach

Certified EFT Practitioner

Certified Transformational Coach

20 Years – Certified Yoga instructor

Over 20 years experience in the

health and wellness industry

CONTACT

Phone: 416-606-7381

Email: admin@thepositivechange.com

Contact us for your custom quote

HEALTHY YOU.
HEALTHY TEAM.
HEALTHY PROFITS.

THEPOSITIVECHANGE.COM

SAMPLE PROGRAM OFFERINGS

Empower Your Wellbeing

In this interactive workshop you will learn how to create habit change for a healthier and more vibrant life. Overcome stress, find inner balance, and let the best version of yourself shine. You will be given tools on how to thrive when life seems overwhelming.

Finding Your Personal Equilibrium

Work Life Balance is what millions of people like yourself are trying to achieve every day. Learn how mindset can change everything.

Get tips and tools on how to effectively create the time and space in your life to attack stress, increase productivity and give you the equilibrium you're looking for.

Five Tools to Reduce Stress Now

Feeling stressed out? The key to a healthy life is stress management. Learn simple and tangible lifelong techniques to help your team deal with stress, decrease anxiety and feel more empowered to enjoy life. A happy team translates to a successful, productive company.

Mindset Leader-Shift

Making meaningful and sustainable change in corporate culture requires leaders that can change the way they and their team perform.

We take a closer look at ways to shift your mindset and in turn, the corporate culture that exists around you. In today's climate, you and your team can go from surviving to thriving.





JESSIE STEINBERG: SURMOUNTING ONE OF MANY SUMMITS!

As founder of Leap Adventures, for the last decade Jessie has been a trusted leader in the field of team development. Authenticity and straight-up skill-building are at the core of every workshop, conversation, and call. Tiny but mighty, we've lost count of how many times she's been called a "firecracker". She's LEAP Adventures beloved coach, leader, and mentor. Reach Jessie at 519-938-1524, jessie@leapadventures.ca or check out www.leapadventures.ca to take the LEAP!

strengthen your people, strengthen your team

"Strengthen your people, strengthen your team," is more than a tag line for Leap Adventures. By providing events that are more than a pep talk, far more than just fun, and much longer lasting than a day out of the office, Leap Adventures will transform your work environment.

mini olympics

This series of sports-based team events, with "a little twist" has teams competing against each other and the clock. Designed to be light, fun and exciting, from the opening until the closing ceremonies.

the amazing race

Teams must find a series of checkpoints and successfully complete each task that awaits them. This exhilarating race will take participants on a journey around the resort, looking for flags, deciphering clues and tackling unique team tasks.

survivor challenge

Adventure-based team challenges that build confidence, co-operation, and teamwork. Teams are challenged to work together to accomplish tasks by using playful ingenuity, communication, and problem-solving skills.

low ropes course

This program challenges participants to work a little outside of their comfort zone and create an atmosphere where trust, communication, and out-of-the-box thinking are always at work. Activities tackled are designed to incorporate group planning and debriefing stages and identify individual roles and strengths.

communication combat challenge

Various hands-on activities identify the diverse roles within the group, strengths of team members and the effectiveness of their communication patterns. This action-based learning takes place indoors or outdoors and requires cooperation, trust, leadership and innovative problem solving.

the scrambler

A two-part program which has teams scrambling, searching, gathering and implementing a game plan to efficiently and successfully travel throughout the resort. Teams will be given a set of clues that lead to specific areas in search of scrambled letters while finding and collecting certain unusual items from a collaborated list.



LEAP ADVENTURES

pay it forward

This one-of-a-kind team building adventure has corporate clients paired with a charity of their choice in order to see their group effort culminate in a practical, valuable outcome that will have an immediate impact in the community. Adventure options from the team building menu are customized to result in a powerful project that pays it forward. While the steps may be simple, the result could change the world. In the past, bicycles and bunk beds have been built. A gift-giving challenge resulted in a refurbished youth room. Your imagination and collaboration with LA's Director, Jessie Steinberg, will amaze you and empower your team with an event that promotes connection, intention and purpose.

gregarious games night

An exceptionally fun evening with friends and colleagues that provides great social interaction, loads of laughs and thought-provoking game play. This program is structured in a round-robin tournament style and consists of various card games, quick witted hilarity and mind-challenging games.

minute to win it

Through the use of many unusual competitive events using various household items, each participant will experience the thrill of being a player and an encouraging teammate. All challenges activate the competitive spirit, out-of-the-box thinking and creative problem solving. This 1.5 hour program fosters fun, playful competition and surprises.

drum circle

This hands-on drumming circle has drums and other percussion instruments being used as tools for communication empowerment, bringing people together and sharing very positive vibrations amongst all participants. This rhythm based event helps synergize your corporate community's intentions and goals by bringing participants to a place of common purpose while generating lots of energy and laughter. All instruments will be provided by LEAP Adventures.

*special pricing applies (see fee schedule)

rowing your team to success (seasonal)

Rowing is a remarkable sport which generates uniquely enriching team building opportunities. No other sport requires the same level of synchronicity and commitment to achieve a successful outcome. In just 2-3 hours, your team will experience the exhilaration of working together and the thrill of balancing on the water as a team while receiving coaching from our expert LEAP Adventures facilitator. This transformational time for your team begins at HVR and transitions to the boatyard, less than ten minutes away. *special pricing applies (see fee schedule)

guided snowshoeing (seasonal)

Let one of our experienced LEAP Adventures guides take your group on an unforgettable excursion through the rolling hills of the Niagara Escarpment. The beauty and wonder of the exquisite surroundings will unfold in the near-silence of the snow. Choose to experience this as a night walk to include discovery of the winter sky.

*special pricing applies (see fee schedule)

guided hikes

Let one of our experienced LEAP Adventures guides take you on a scenic hike through the beautiful Bruce Trail. The hike can accommodate any fitness level. A picnic lunch or snack can be arranged by the Resort at an additional cost.

*special pricing applies (see fee schedule)

yoga

Sunrise Yoga is a lovely way to start your day. This class is designed to create space within the body and awaken your senses to prepare you for your day. Each class starts with introspection using breath and then slowly moves into a simple sun salutation which opens and softens the mind, body and soul.

The class continues with seated slow static postures to open up, stretch and tone the entire body. The class finishes with various breathing exercises and light meditation. All levels.

* Special pricing applies (see fee schedule)



art jam!

Engage the right side of the brain and wake up the creativity (think: problem solving, innovation, originality) that art experimentation stimulates. Participants will receive step-by-step instruction by an art instructor and will work independently, in pairs or in small groups to create their own artwork. Think of it as a free-style painting party!

*special pricing applies (see fee schedule)

Rube Goldberg Experience

The Rube Goldberg Experience is an exciting new indoor program. Think of this activity as building a "Mousetrap Game." A Rube Goldberg machine is a contraption, invention, device that is deliberately over-engineered to perform a simple task in a complicated fashion generally including a chain reaction. The team will use their wit, creativity, initiation and out-of-the-box thinking to create one machine.

*special pricing applies (see fee schedule)

safe cracker program

Safe Cracker is a mobile escape room with a countdown clock that adds to the game's excitement. While it shares similarities with other traditional escape rooms, there's a big difference: we take Safe Cracker to you - your office, your meeting, your conference - wherever you are! Our new team building activity has your participants working together by accident, as the teams need to work together to solve puzzles, brain teasers and challenges while utilizing the individual strengths of their team members to win the game. This program touches on the 4 "C"s: Critical Thinking, Creativity, Communication and Collaboration. A perfect team building event.

*special pricing applies (see fee schedule)



Team Building at Hockley Valley Resort

Infuse your Hockley Valley event with positive energy by integrating a unique team building option into your agenda. These one-of-a-kind experiences take full advantage of the spectacular indoor and outdoor settings at Hockley Valley Resort. Your Summit team building program will foster effective relationships, rejuvenate your team, and make your Hockley Valley experience unforgettable!

TEAM BUILDING PROGRAMS



This highly competitive food adventure will challenge teams to create the ultimate culinary masterpiece. A great kick-off to a conference, a pre-dinner event, or anywhere you want to add some fun to your agenda. Breakfast and dessert options are also available.



Get that creative edge as your team produces a series of artistic master pieces in which each group member contributes their unique ideas, concepts and brushstrokes. This engaging art experience concludes with a stroll through the interactive Art Gallery.



Through demanding tribe challenges, this program will identify key elements that separate teams who simply survive from those who consistently thrive. Add to this an element of Corporate Social Responsibility and you have the makings of a truly meaningful team experience.

TEAM DEVELOPMENT PROGRAMS



Do you have a newly formed team or one that is simply looking for a tune-up? In this session you will experience high performance teamwork, understand its value and know how to intentionally achieve it at work.



Developing effective leaders is a deliberate and ongoing process. This multi-stage program will inspire participants to set a compelling personal leadership vision, help them to assess their current reality and give them the tools they need for success.



Is your team struggling to keep up with the rapid pace of change? In Navigating Change we explore the link between our need for innovation and the challenge of coping with the change it inevitably causes.

KEYNOTE



Let Scott Kress engage and inspire your people with tales of an audacious Everest climb that provides insight, tools and strategies to take your organization to the next level.

This was the best team and leadership development program I have ever participated in. For anyone wanting to build a high performance team there is no one that will do it as effectively as Summit Team Building.

G. Rubinoff, Managing Partner, Summerhill Venture Partners

For more great options don't hesitate to call:

1-800-685-5278

team@summitteambuilding.com

www.summitteambuilding.com