



## **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](mailto:jessie@leapadventures.ca) or check out [www.leapadventures.ca](http://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)