The following components can be combined to create one of our custom experiences. Please use this as a reference to help you fill out our SLI Program request form.

**Experience Types:**

**Challenge Experiences:** Using classic tools for team building. SLI staff work teams through low course or problem solving initiatives to measure individual and group effectiveness. Providing real feedback and setting a platform for organizational change and success.

- **Low Course Challenges:** These activities are what most people think of when they imagine team building exercises. Low course describes games that incorporate physical activity and interpersonal ingenuity similar to those you might find on a ropes course yet all the activity happens near the ground.

- **Problem Solving Challenges:** Groups get to tackle a problem head on using creativity, ingenuity, and strategy. Problems have ranged from paper tower building to soap box derbies to business pitches. Challenges allow facilitators to observe and debrief group processes.
Workshops: Providing an array of workshops through our staff and partners SLI can address work life balance, wellness initiatives, mission and vision exercises or use MBTI to better understand yourself and your team.

Guided Mission and Visioning Workshop: Spend a full day with your team digging deep and finding what it is that drives your organization. Explore working through the levels of your organization and match mission, vision, goals or mantra to your area’s needs and structure.

Work life Balance Workshop: In cooperation with the Health and Human Performance wellness program have speakers who can provide insight on creating a wellness culture with your team. Encourage your team to use this as a stepping-stone to the wellness certificate on campus. http://cardinalrec.stanford.edu/pe-classes/wellness-ed/wellness-certificate/

MBTI Assessment Workshop: One of our MBTI Certified Practitioners will help your team move through the MBTI assessment and come to understand what it means for you as an individual. Once you know the individual parts teams can explore how best to utilize the team as a whole to increase workplace efficiency and wellbeing. https://www.cpp.com/products/mbti/index.aspx
Outdoor Adventure or Indoor Climbing Experiences: Taking advantage of our partnership with Outdoor Education we offer retreats for groups in California's beautiful outdoors or at our first class indoor climbing wall. We provide the equipment and knowledge to recreate, forge relationships, and travel through diverse environments. With no experience necessary these programs offer the best area to explore your inner leadership potential and highlight areas of growth for you and your team.

Indoor Climbing Wall: These experiences provide a unique experience for teams to quickly and easily explore individual stretch zones and personal challenge together. Climbing has been a successful tool in exploring a sense of self both physically and mentally, while developing a sense of trust with your partner and a shared experience for the group. Programs can incorporate bouldering, climbing, and rappelling depending on the length of the experience, and group goals.

Outdoor Adventures: The outdoors provides an excellent opportunity for teams to avoid distraction, have a relaxing experience focused on camaraderie, or get critical feedback from a diverse environment through challenge. Due to the logistics involved these programs are geared toward groups with more time available to spend exploring themselves and their relationship with one another.
**Course Durations:**

**2 hour Courses:** Our one time short courses allow teams a chance to explore the space and challenge themselves. Try climbing for the first time and experience what it means to have immense trust in your partner. Try bouldering as a team to experience physical and mental problem solving and an exciting team experience. Rappelling offers individuals a chance to face the innate human fear of height and explore their relationship with risk.

**Multiple 90-minute Sessions:** Multiple 90-minute courses are designed to take groups through a variety of climbing experiences more deeply. Teams can use it for excellent off season cross training and groups can focus on the interpersonal aspects of trust, shared goals, and risk.

**Day courses:** Day courses are great for groups looking to escape the hustle and bustle of campus and all the distractions it provides. Day courses are great for integrating low course challenges or work life balance workshops.

**Weekend Courses:** With similar benefits of the day course the weekend course allows for deeper integration of material, multiple topics can be covered, and participants can have a shared camping experience.

**Five-day courses:** Focused on leading teams and supporting organizational responsibility our five-day courses take participants into their stretch zone. For five days or more participants backpack through the wilderness focusing on team dynamics and behavior while sharing in the marvels of backcountry travel.

**Participants:**

Our programs can be offered to groups of six and up with some limitations; for groups larger than 15 please send a request at least one month in advance. We welcome individuals of all types and ability levels in our programs, if someone in your group requires special assistance please let us know so we can incorporate them into our planning.

**Cost:**

Prices vary with number of participants, location, and duration. Discounts are available for Stanford Affiliated Groups and for Stanford Student Groups. Fill out the SLI Program Request Inquiry for an estimate.