

YMP PRESENTS

NATIONAL TRAINING WEEKEND

11TH - 13TH SEPTEMBER 2009

PROBLEM SOLVING
TEAM DEVELOPMENT
- RAFT CHALLENGE
GORGE SCRAMBLING
ROCK CLIMBING
ABSEILING



The Cromford Venture Centre, Derbyshire



National Training Weekend 2009

To be held over the weekend of the 11th to 13th September 2009, the annual YMP National Training Weekend is an extremely rewarding outdoor orientated weekend course that is specifically designed to improve the participant's understanding of team roles by developing problem solving skills as well as building confidence, self esteem and motivation.

Open to both YMP members and non-members it is the perfect opportunity to get away from your normal working routine and explore your inner-self while networking with fellow colleagues from the printing industry. Business throws up many challenges and the way we handle these challenges determines whether we succeed or not. Personal development training such as this can test our limits and help us to learn the techniques that will help us to overcome the obstacles we face. It also shows us how to recognise the strength that teamwork plays in helping us to achieve our goals.

After the success of last year's event, we will once again set up base in the breath taking scenery of the Derbyshire Peak District with acclimatize providing the training. By using a variety of well-established team building activities acclimatize have developed a programme of self-improvement that will help you learn skills that can

be translated back to the workplace and back into the business environment. Offering team building in Derbyshire which removes the usual hierarchy associated with the work place, acclimatize believe that if you start everyone on an even footing then all members of the workforce will benefit from the team building exercise.

acclimatize - "We welcome a huge variety of companies to our team building in Derbyshire programmes and we endeavour to make sure everyone leaves having achieved and gained something from the experience. Your team will embark upon a series of self-assessment tasks in order to gauge their own effectiveness and thereby improve their performance. Throughout this period of self improvement our team building in Derbyshire is a fun and memorable one thus making the whole learning process one which will be remembered for years to come. Making a lasting impression on your team is our motive and we firmly

believe that this is the way to make our team building in Derbyshire worth while".

Facing the unknown and living with the immediate consequences of each other's actions builds teams far quicker and more effectively than indoors development. As a team's ability to work effectively is a key element to the success of any business in today's environment - acclimatize have tailor made a programme for this years NTW that will meet your company's needs, enhance group dynamics and empower personnel. Your team will have the opportunity to spend quality time together as a group in unfamiliar surroundings performing a variety of tasks that will require lateral thinking, encouragement of others and creative flair.

All activities require good teamwork as the tasks are designed to test abilities as well as to have fun; they are





not a test of strength or endurance and are designed to cater for all ages and abilities. acclimatize operate a no pressure policy for delegates but does encourage participation by all.

Friday 11th September 2009

Arrive late afternoon at Cromford Venture Centre, Derbyshire

Saturday 12th September 2009

Problem Solving
Team Development - Raft Challenge
Gorge Scrambling

Sunday 13th September 2009

Rock Climbing
Abseiling
Followed by Lunch + awards. Depart

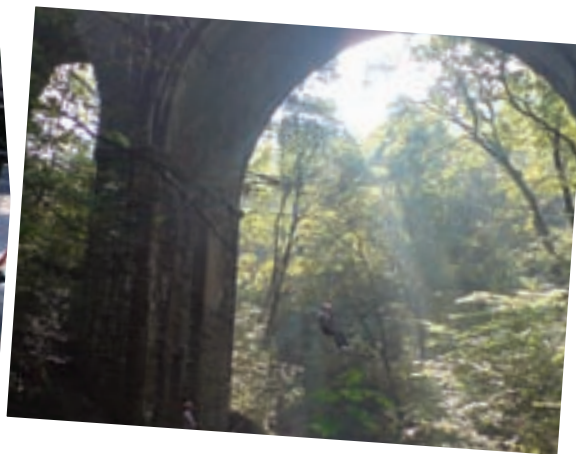
Problem solving is one of the most interesting things a team will have to do. It requires open and honest communication, with a splash of critical thinking thrown in (please don't forget common sense). Teams that are good at problem solving value diversity of opinion and draw upon the strengths of each individual to best achieve success.

acclimatize base their Team Development programmes around exercises, which although real – with real rewards for success and real penalties for failure – are not realistic in terms of any particular job. Doing this so that the underlying team building elements are highlighted without specific job expertise getting in the way. They also try to ensure that the tasks themselves are fun and memorable. By doing this, they believe that the associated learning is also memorable.

Review - Activity without reflection doesn't lead to the best learning. They therefore build in time slots when you review the way your team is working and perhaps agree to whatever changes would make for better results. Inputs - Activity and review are supplemented by appropriate inputs from course staff.

Gorge Scrambling

Once you are kitted out, an instructor will lead your group up a mountain stream, through waterfalls into plunge pools and generally getting very wet!! This activity is suitable for non-swimmers as long as they are confident in the water with a buoyancy aid.



Rock Climbing + Abseiling

Both these activities provide the ideal test of teamwork, encouragement and trust. Work as a team and motivate your team-mates to push themselves to the edge of their comfort zone by getting them to place their trust you.

Have you got what it takes?

Why not visit the acclimatize web site to find out more information. www.acclimatize.co.uk

Accommodation

The Cromford Venture Centre is a residential centre housed in part of an old maltings and kiln stands on the edge of the historic village of Cromford. The former maltings is now living and dormitory accommodation and the kiln, where once the malt was roasted, has been turned into dining and meeting room space. A recent addition to the Venture Centre's facilities is the Gothic Warehouse on

Cromford Canal Wharf. The venue consists of two large, fully equipped meeting rooms and the ground floor has wheelchair access.

The Corn Mill to which the kiln and maltings were attached was built in 1780 on the edge of a community that was then just taking shape. This was Sir Richard Arkwright's factory village. Today Cromford is part of the Derwent Valley Mills World heritage Site and attracts visitors from all over the world. The cotton mills at the heart of it all are now well established as a popular heritage visitor's attraction.

Cromford Venture Centre
Cromford Mill, Mill Lane, Cromford, Derbyshire DE4 3RQ
* Price held at 2008 rates. The cost of this event will be £195 + VAT for YMP members and £225 + VAT for non-members.

Meals

Friday

Dinner Home-cooked main course and dessert.

Saturday

Breakfast Cereals and a light cooked breakfast, tea/coffee and juice.

Lunch Packed lunch provided.

Dinner Home-cooked main course and dessert.

Sunday

Breakfast Cereals and a light cooked breakfast, tea/coffee and juice.

Lunch Packed lunch provided.