

DISCOVER ♦ GROW ♦ ACHIEVE



2019

EVENTS AND WORKSHOPS



TEAM BUILDING EVENTS

We offer highly effective team building events for all types of organizations – including small to medium sized companies, global corporations, schools, colleges, universities and non-profits. Our events promote collaboration, problem solving and creativity, and can be as fun or as serious as your needs require. It is also possible to offer a debrief session with the group to help bridge the learning back to the workplace.



OFFICE ESCAPE

 **INDOOR**  **GROUP SIZE: UP TO 150+**

Have you ever felt like you were literally trapped at the office? True North's Office Escape is based on the popular "virtual room escape" genre of smartphone games, but with a twist. Our version will make the game real. Let True North challenge you and your team by transforming an office, conference room or hotel meeting room into the perfect real life escape game and see if your team can problem-solve their way out of the room. It is possible to debrief this program with the group afterwards.



THE REMARKABLE RACE

 **INDOOR/OUTDOOR**  **GROUP SIZE: UP TO 400+**

This is a team based "race" that showcases teamwork utilizing a hotel, hotel grounds, public park, college campus or urban neighborhood. Loosely based on the TV hit *The Amazing Race*, teams are required to seek out and solve a series of different challenges. Teams pick up various clues and objects with roadblocks and detours to contend with along the way. Bragging rights (and medals) go to the team that accumulates the most points.



CHAIN REACTION "TT" A MACHINE-BUILDING CHALLENGE

 **INDOOR**  **GROUP SIZE: UP TO 150+**

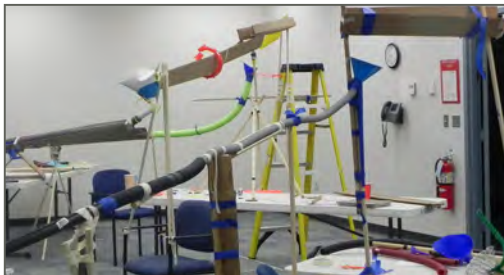
In this tabletop building challenge, teams work together to build a machine that will ultimately accomplish a goal, e.g. erase a whiteboard or staple pages together, etc. The group is given an array of everyday objects with which to accomplish their task. Each team's section must work with the adjacent teams' sections, and so on, until the overall goal is achieved. Many robust work-related metaphors can be drawn from this program.



EXPERIENTIAL CHALLENGES

🏠☀️ INDOOR/OUTDOOR 🧑 GROUP SIZE: UP TO 200+

Participants are challenged with a series of experiential initiatives throughout this program. The initiatives explore ways of working. Participants are encouraged to discuss their current work environment and collaborate on solutions. A debrief session is part of this program. Specific activities will be recommended based on the objectives of the program.



CHAIN REACTION

🏠 INDOOR 🧑 GROUP SIZE: UP TO 400+

Collaboration, planning, diverse thinking and interdependencies are the names of the game in this highly interactive program. Teams are given a box of everyday materials to create a giant marble track. If the teams are successful they are able to move a marble from one side of the room to the other, utilizing every section, throughout the entire track.



CORPORATE PORTRAIT

🏠 INDOOR 🧑 GROUP SIZE: UP TO 100+

Bring out the creativity of your organization as teams work together to create the company's "portrait" or, have them take a new approach to the company logo. The final work of art can be proudly displayed in the lobby of an office or a conference room. A charitable version of this activity can also be arranged with a local hospital or other charitable organization by having teams create a child-friendly painting that then gets donated and displayed.



DECONSTRUCTION ZONE

🏠☀️ INDOOR/OUTDOOR 🧑 GROUP SIZE: UP TO 100+

This program is the antithesis of a "build." In fact, teams are tasked with taking a product entirely apart (e.g. record player, radio, kitchen appliance, etc.) Once the object is apart the team can opt to either photograph all the pieces in the unique layout they create, or build something completely new with the pieces.



ROW YOUR BOAT REGATTA

🏠☀️ INDOOR/OUTDOOR 🧑 GROUP SIZE: UP TO 100+

Teams are challenged to build and decorate a boat using only the materials provided. All boats must be able to transport a team member in a race across a pool, pond, or lake to the finish line! Teams need to draw on creative thinking and project management skills to develop a boat capable of traveling across the span of the water or, as an on-land challenge, on top of foam noodles.

The Benefits of Working with Us

Planning

We have a diverse range of skills and solid experience in experiential learning, event planning and hospitality management

Facilitators

Our facilitators are leaders in their respective fields with extensive experience developing teams

Programs

Are highly relevant to today's workplace

Delivery

Is engaging, highly motivating, lively and inclusive

Execution

Is seamless!

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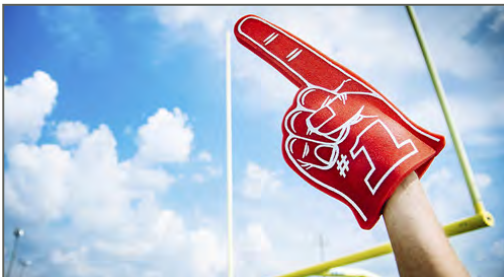
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True North Team Building hosts a tremendous variety of lively on and off-site activities, ranging from team recreation events, loads of group games as well as creative activities. Based on the goal of your outing, event or meeting, the activity you choose can be open-ended or results-oriented. Whatever your objective, your team or group will have fun getting there!



TAILGATING OLYMPICS

INDOOR/OUTDOOR GROUP SIZE: UP TO 400+

Our Tailgating Olympics combines all of the best games that the college football tradition of tailgating has to offer. Teams compete against each other in a series of really fun and engaging activities. The team with the most points at the end of the competition gets the "Gold." An exciting awards ceremony rounds out this event. This activity can be structured in a variety of ways. We provide all the equipment.



SUMMER CAMP RELAY

INDOOR/OUTDOOR GROUP SIZE: UP TO 400+

This is an epic event with large teams completing numerous challenges and once a challenge is complete, pass a baton on to the next participant within their team. Every single participant is involved in some aspect of the relay. The team that completes all the challenges successfully, and the fastest, wins. It is a crazy, multi-faceted, inter-connected, entertaining, yet challenging, relay race.



LIP SYNC BATTLE

INDOOR GROUP SIZE: UP TO 150+

In True North's super fun-filled Lip Sync Battle, teams compete head-to-head in front of a panel of distinguished judges to decide, once and for all, who is the real Top Performer in your office! Our top flight DJ provides a night your team will not soon forget. Groups compete to deliver the best song and dance performance. Medals are awarded for top performances.



BAR WARS OR TIKI BAR WARS

INDOOR/OUTDOOR GROUP SIZE: UP TO 100

We combine bartending with team building components in this interactive group activity. Teams create their own signature cocktail or “mocktail” using items selected from the “store.” Each team delivers their signature cocktail to the esteemed judges for scoring in an exciting and animated finale! This is a perfect activity for networking or in conjunction with a cocktail hour. Tiki Bar Wars has the added component of building and decorating a tiki bar!



RHYTHM JAM

INDOOR/OUTDOOR GROUP SIZE: UP TO 150+

Percussion is the foundation of music, but what happens in this event is an incredible example of teamwork. We utilize a wide selection of drums and percussion instruments. Techniques include specific rhythms, layering rhythms, call and response and more. Techniques are learned from a professional drum instructor culminating in each team demonstrating their new drumming knowledge before busting into a powerful group jam session. No prior drumming experience is required.



PUB QUIZ

INDOOR GROUP SIZE: UP TO 100

Our fun-filled Pub-Quiz / Trivia Night will keep your group engaged during this lively evening activity. Teams compete to answer the most number of quiz questions correctly. Our Quizmaster will choose a selection of rounds from a variety of categories. The culminating awards ceremony rounds out this fun-filled event! Prizes are optional.



CELEBRITY GAME NIGHT

INDOOR GROUP SIZE: UP TO 100+

Is the topic around the water cooler in your office about the latest celebrity gossip or, maybe about last night's TV twist? If so, the True North Celebrity Game Night is perfect for your group. In this fun, fast paced event teams participate in party style games with a pop culture twist.



ULTIMATE GAME

INDOOR/OUTDOOR GROUP SIZE: UP TO 400+

In this live action board game, teams take turns rolling the dice and moving around a giant game board. This is a real time game with all teams are playing at the same time – the faster they answer questions and complete activities the more points they can rack up.

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NETWORKING EVENTS

Whether your group works together in the same office, across the US or around the globe, we have the right activity for your team. Our interactive Networking Events are a great way to connect, reconnect and build relationships.



TRUE NORTH TRIVIA NIGHT

 INDOOR  GROUP SIZE: UP TO 100

Our fun-filled Trivia Night will keep your group engaged during this lively evening activity. Teams compete to answer the most number of quiz questions correctly. Our Quizmaster will choose a selection of rounds from a variety of categories. The culminating awards ceremony rounds out this fun-filled event! Prizes are optional.



CASINO NIGHT

 INDOOR  GROUP SIZE: UP TO 500+

Up the ante at your next meeting or offsite by bringing the atmosphere of Las Vegas or Monte Carlo with a True North Casino Night. Let the good times roll with a wide range of traditional casino games using professional dealers. Participants have the option of playing Blackjack, Roulette, Craps, Texas Hold Em and other poker games. The night is a win for everyone!



BAR WARS/TIKI BAR WARS

 INDOOR/OUTDOOR  GROUP SIZE: UP TO 100

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WINE TASTING / WINE PAIRING

 **INDOOR**  **GROUP SIZE: UP TO 200+**

Put wine into words, as our wine sommelier takes you and your team through the world of wine. Through our unique wine tasting activity, learn all about the art of tasting wine. We take you on a sensory adventure that will increase your appreciation for wine. This event can be customized to your organization or a specific theme. In addition, food pairings may be pursued, such as appetizers or a selection of cheeses/fruits.



CORPORATE PORTRAIT / GIANT PAINT-BY-NUMBER

 **INDOOR**  **GROUP SIZE: UP TO 100+**

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NETWORKING LOUNGE

 **INDOOR/OUTDOOR**  **GROUP SIZE: UP TO 500+**

Have True North transform any meeting room or event space into an oversized living room complete with Pub games, as well as a range of interactive sports activities that everyone can either actively participate in or simply watch and chat. A great event for networking. Games can include: Wii Tennis or Bowling; Ping Pong; Corn Hole; Basketball Pop-a-Shot; Giant Jenga and much more.

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GIVING BACK EVENTS

Social Responsibility events are a powerful way to motivate employees, forge ties in the community and support social good. Our innovative and enjoyable charity-related programs energize, inspire and encourage individual participation and teamwork. When possible, a representative of the charitable organization receiving the donation, meet with your team to make the experience moving and memorable.



THE BRILLIANT BICYCLE BUILD

🏠☀️ INDOOR/OUTDOOR 👤 GROUP SIZE: UP TO 400+

Teams collaborate while having fun and helping others at the same time. Teams put bikes together for deserving children, many who have never had their own bike, with the instructions and tools provided. We source and liaise with a local/reputable charity if you don't already have one in mind.



LITTLE RED WAGONS

🏠☀️ INDOOR/OUTDOOR 👤 GROUP SIZE: UP TO 500+

Teams compete in a range of challenges to earn what they need to build a Little Red Wagon. Once teams successfully complete the building of their wagons, the stakes are raised as teams shift to the next phase of competition, to get the goods that will then fill their wagons. This high-energy activity quickly goes from competitive to collaborative as everyone tries to fill all wagons to capacity. True North will source and liaise with a local/reputable charity if you don't already have one in mind.



CANSCULPTURES

🏠 INDOOR 👤 GROUP SIZE: UP TO 200+

Teams build themed sculptures out of canned goods that then get donated to a local food bank. Sculptures are presented to a team of judges and medals are awarded. We coordinate with a local food bank to accept your generous donation.



BACKPACKS FOR SUCCESS

INDOOR/OUTDOOR GROUP SIZE: 25-400+

Your team can help offset the high cost of school supplies by participating in some very fun and competitive activities earning school supplies and backpacks for deserving school children. We help source a local charity that ensures deserving kids benefit from your organization's generosity



ART KITS FOR KIDS

INDOOR/OUTDOOR GROUP SIZE: UP TO 100

The Arts is an area in education that can help close the gap between high- and low-income students' academic achievement. Support the Arts by making Art Kits for Kids. Your team will create wonderful Art Kits through friendly arts and crafts-related competitions that will earn the art supplies that go into the kits. True North will help locate a deserving organization of these very creative kits, if you don't already have one in mind.



CORPORATE PORTRAIT

INDOOR GROUP SIZE: UP TO 200

Employees tap into their inner creativity and work in teams to paint a child-friendly piece of art. Each team tackles a piece of the overall work, and everyone has to work together to make sure their section matches up with the others. The final work of art is donated to a local children's charity.



THE MATRIX GAME FOR CHARITY

INDOOR GROUP SIZE: UP TO 400+

This activity requires teams to complete a variety of different activities as quickly as possible. The speed and efficiency at which each team completes their tasks will determine how much time they will have to complete their final, whole group task, which involves a charity component.



ZOMBIE APOCALYPSE PACKS

INDOOR GROUP SIZE: UP TO 200

Teams play our irreverent and highly popular Zombie Apocalypse game and compete to acquire and pack emergency kits, which can include: soap, toothbrushes, toothpaste, shampoo, laundry detergent, tissues, etc. After the game ends, the kits are donated to local relief agencies to help communities after natural disasters like a hurricane, tornado or earthquake.

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EVERYTHING DiSC® WORKSHOPS

True North Team Building's professional development workshops are designed to promote learning and development in an immersive environment. Whether you want to build core skills, enhance group dynamics, or facilitate new processes, we will get you and your team on the right course. Workshops can be held on- or off-site, and structured as a ½-, full-, or multi-day session.

Authorized Partner

EVERYTHING
A Wiley Brand



Have you ever wondered why some people just don't get you? Or ever thought, "I cannot even begin to know what my boss needs- even when I ask her, I still don't know."

Most of us have felt that way at one time or another. The good news is that **Everything DiSC® is a simple tool designed to help you understand yourself and others around you.**

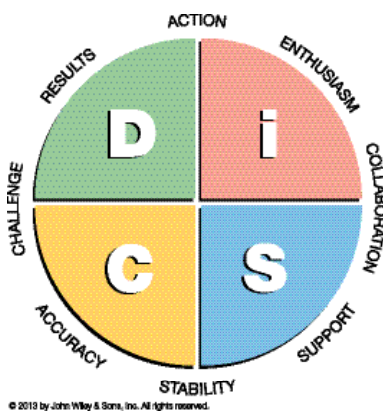
TRUE NORTH'S EVERYTHING DiSC® WORKSHOPS HELP TO:

- Understand oneself and others
- Build more effective working relationships
- Understand and appreciate the styles of coworkers
- Deliver a more effective and productive working environment

HOW IT WORKS:

True North's Everything DiSC® Workshops deliver:

- A personalized learning experience - starting with the online assessment
- Engaging and active facilitation and participation
- Experiential learning activities/challenges
- Online follow-up and resources for continued learning





EVERYTHING DiSC® WORKPLACE - BUILD MORE EFFECTIVE RELATIONSHIPS

 **INDOOR**  **GROUP SIZE: UP TO 150+**

- Discovering Your DiSC® Style
- Understanding Other Styles
- Building More Effective Relationships

Everything DiSC® Workplace is great because the Personalized Style Index can be used with everyone in an organization, regardless of title or role, to improve the quality of communication and much more in the workplace. The result is more effective and productive working relationships.



EVERYTHING DiSC® WORK OF LEADERS - VISION ♦ ALIGNMENT ♦ EXECUTION

 **INDOOR**  **GROUP SIZE: UP TO 150+**

Using the framework of Vision, Alignment, and Execution, Work of Leaders encourages leaders to understand their own leadership behavior and how it impacts their effectiveness. A rich, compelling narrative adds depth to the data and strong visuals support the learning process by illustrating key messages. Based on best practices, Work of Leaders connects to real-world demands, generating powerful conversations that provide a clear path for action.



EVERYTHING DiSC® 363 FOR LEADERS - WE TOOK THE STING OUT OF 360° FEEDBACK

 **INDOOR**  **GROUP SIZE: UP TO 150+**

For many leaders, 360s can be a frustrating experience. At best, open-ended comments can be unfocused and unhelpful. At worst, they're a way to anonymously take a jab at a colleague. And ultimately, 360s can even derail the learning process. With our exclusive selectable comments feature, CommentSmart, raters can give focused, balanced, constructive feedback—that the leader can actually use. This time-saving option allows raters to expand on their ratings by choosing from a list of highly-tested comments.

Everything DiSC® 363 for Leaders provides leaders with the three next steps they can focus on now, as well as strategies to improve their leadership effectiveness that can be put into action immediately.



EVERYTHING DiSC® SALES - ADAPT TO MEET THE NEEDS OF YOUR CLIENTS

 **INDOOR**  **GROUP SIZE: UP TO 150+**

- Understanding Your DiSC® Style
- Recognizing and Understanding Customer Buying Styles
- Adapting Your Sales Style to Your Customer's Buying Style

Participants discover their DiSC® sales styles and how to adapt their style to meet the needs of their customers. Everything DiSC® Sales Customer Interaction Maps: Follow-up reports that help salespeople adapt their selling style to meet the needs of a customer. These one-page reports are the perfect personalized "cheat sheets" to prepare for sales calls; and, participants get unlimited access—at no additional charge.

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THE FIVE BEHAVIORS OF A COHESIVE TEAM™ WORKSHOP

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TRUE NORTH'S FIVE BEHAVIORS OF A COHESIVE TEAM WORKSHOP

An assessment-based learning experience that helps individuals and organizations reveal what it takes to build a truly cohesive and effective team in the most approachable, competent, and effective way possible.

"The single most untapped competitive advantage is teamwork."

OUR WORKSHOP SHOWS YOUR TEAM HOW TO GAIN THIS ADVANTAGE BY:

- **Trust** One Another: When team members are genuinely transparent and honest with one another, they are able to build vulnerability-based trust.
- Engage in **Conflict** Around Ideas: When there is trust, team members are able to engage in unfiltered, constructive debate of ideas.
- **Commit** to Decisions: When team members are able to offer opinions and debate ideas, they will be more likely to commit to decisions.
- Hold One Another **Accountable**: When everyone is committed to a clear plan of action, they will be more willing to hold one another accountable.
- Focus on Achieving Collective **Results**: The ultimate goal of building greater trust, conflict, commitment, and accountability is one thing: the achievement of results.



The Five Behaviors of a Cohesive Team™ Model

There are many reasons teams fail. There's one proven way to help them succeed.

WHAT DOES THIS PROGRAM DO?

The program helps teams understand how, as a team, they score on the key components of The Five Behaviors model: trust, conflict, commitment, accountability and results. Each individual on the team will also understand their own personality style and their team members styles, based on the DiSC model and how their style contributes to the team's overall success.

WHO IS IT FOR?

The program is designed exclusively for intact teams and work groups. The Five Behaviors of a Cohesive Team harnesses the power of Everything DiSC and the clarity and simplicity of The Five Dysfunctions of a Team model.

HOW DOES IT WORK?

The Five Behaviors Model is used to help team members learn to work together more efficiently and effectively and become a more cohesive team.

A PRODUCTIVE, HIGH-FUNCTIONING TEAM:

- Makes better, faster decisions
- Taps into the skills and opinions of all members
- Avoids wasting time and energy on politics, confusion, and destructive conflict
- Avoids wasting time talking about the wrong issues and revisiting the same topics over and over again because of a lack of buy-in
- Creates a competitive advantage
- Is more fun to be on!



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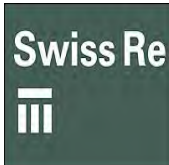


Think of Us for These Types of Meetings:

Annual Meetings
Away Days
Barbecues
Brainstorming Sessions
Client Sessions
Company Outings
Conferences
Cross-Functional Meetings
Day Meetings
Departmental Meetings
Division Meetings
Executive Meetings
Global Team Meetings
Intern Orientations
Kick-Off Meetings
Leadership Development
Learning & Development
Management Meetings
New Hire Training
Networking
Offsites
On-Boarding
Planning Meetings
Project Meetings
Picnics
Regional Meetings
Retreats
Sales Meetings
Staff Meetings
Team Meetings
Team Building
And More



Companies We've Worked With





Schools & Non-Profits We've Worked With

