

# TEAM BUILDING AT SONORA RESORT



LifeWorks is proud to partner with Sonora Resort to offer a wide range of team building events to augment your team's experience. These activities are designed to be used synchronously throughout your conference or meetings to enhance and build upon your team dynamic and engagement.

**Why Team Building?** Re-energize and rejuvenate your team while enhancing communication, cooperation and collaboration. Encourage employees to live well – because employees that live well, work well. Team building is smart business!

**Why LifeWorks?** We are your experts in On-Site Wellness Management, including management of fitness and wellness centres, spas, wellness services, fitness programming and team building. Since 1997 LifeWorks has been working with corporations, residential properties and resorts to help them "bring wellness to life."

For more information or to receive a customized quote for your event, please contact your Sonora resort Sales team or LifeWorks directly by calling 604-630-3070. Please note that special considerations and minimum numbers may apply in some cases. For all events advanced booking is required.

For more information about LifeWorks visit us online at [www.lwhs.com](http://www.lwhs.com)



## Team-MIND-ed

Teams with high levels of health and wellness experience the benefits of superior performance, greater satisfaction and increased productivity. Give your team the gift of greater health and wellness with one or more of these 3-hour interactive sessions designed to educate, inform and inspire.

### Creating Nutritional Balance in Your Life

Nutrition can be a confusing topic – and with all of the conflicting information in the media it's no wonder we're all feeling stumped about what to eat! Join our Dietitian for a workshop that will explain what it means to "fuel your engine". Practical and interactive, this session will outline how to implement healthier eating into our busy lives.

### Creating Physical Balance in Your Life

Most people have or have had physical activity goals throughout their lives; however, most of us find ourselves ever chasing the illusive 'resolution' only to come up short. Join our Physical Activity Specialist for an interactive session that will leave participants inspired and ready to get out there and get moving!

### Creating Mental Balance in Your Life

Effective concentration and focus is a key to success in everything we do – from having great relationships to excelling in business. Meditation is a practical tool to reduce stress levels and encourage effective concentration and focus. A person who can concentrate is a powerful person. They can achieve their goals. In this interactive workshop, participants will be led by our Meditation and Mindfulness Expert as they explore specific meditation techniques used to generate calmness of mind, an overall sense of well-being, sharpened mental focus, reduced anxiety, and rapid recovery from stress.





## **Team-SPIRIT-ed** (3 hours)

Optimal performance is essential for the success of any business. The following sessions have been developed to help your team master the keys to optimal performance and help your business excel through enhanced communication and cooperation.

### **Communica-FUN**

It is widely known that good communication is one of the keys to any successful business. Communica-FUN is all about creating better communication with your team while having fun! It is your chance to relax, be creative, problem solve and definitely have some laughs! The event starts with a fun activity to get the teams working as a unit and create camaraderie. Teams will go through a series of challenges where communication is the key to their success. Each challenge will present a winner, and at the end of the day the results will be tallied to crown the winners.

### **Think Outside the Box**

Working as a team to problem solve requires teams to be creative, co-operate and "think outside the box." The event will involve some fun ice breaker and team building activities followed by the main event – the "Think Outside the Box Design Challenge". Using only the supplies provided for them, teams will create and develop a product (based on an assigned category) and a 3 minute infomercial and jingle to present their product to the market. The team with the most creative product and infomercial will receive the "Think Outside the Box" Trophy.



## **Team-emBODY-ied**

Revitalize and rejuvenate your team before, during or after a day of meetings with one or more of the following programs. Please note that the programs will be modified to suit all ability levels.

### **Nordic Pole Hiking** (1hr-3hr sessions)

Experience the idyllic vistas of Sonora Island while getting a great workout. Using Nordic Walking poles, participants will be taken on a guided hike up in the trails. Nordic walking, initially developed in the Netherlands for cross country skiers, is a great way to engage the total body while enjoying the great outdoors.

### **GYMSTICK** (3-1hr sessions or 1-3hr workshop)

What if you could give your team members a fitness tool that they could take away from their Sonora experience and use at home, in the office or outdoors for a great total body workout? During your Sonora experience, you can have your team receive their very own GYMSTICK and learn a sequence of exercises designed to strengthen and tone every muscle in their body and core. GYMSTICK is appropriate for all ages and abilities and the program can be modified to suit individual needs and goals.

### **Personal Training** (3-1hr sessions)

Personal Training is a great way to get the health and fitness results you want. Throughout your stay at Sonora why not have each of your team members experience the benefits of working one on one with a qualified personal trainer? Each team member will start this experience with a one-on-one consultation during which the trainer will find out more about their individual goals and desired results. This consultation is followed by a thorough fitness assessment which will evaluate their current physical status. From here the Personal Trainer will develop a unique program that addresses their personal needs and goals.

### **AM Boot Camp** (45-60 min sessions)

Get your troops ready for their day with a military inspired Boot Camp program! This outdoor session will involve cardiovascular training and strength exercises designed to get their hearts pumping and brains active for the day ahead.

### **Yoga Sessions** (45-60 min sessions)

Yoga is a wonderful practice that can help to clear the mind of unnecessary 'clutter' and reduce tension and stress in the body. Used as a morning refresher or an afternoon recharger, Yoga is a wonderful way to keep your team engaged throughout your Sonora experience.

### **Introductory Pilates Sessions** (45-60 min sessions)

Pilates is all the rage in the fitness industry. Celebrities and corporate workers alike are experiencing the benefits of this wonderful technique for developing strong, long and lean muscles. In this 3+ session series, participants will learn the core principles of Pilates and a set of exercises that they can take away from their Sonora experience to use at home or in their personal fitness practice.



Please note: For the safety of your team members all Health and Wellness Team Building participants must complete a Physical Activity Readiness Questionnaire (PAR-Q) in advance of arriving onsite at Sonora Resort. In some cases, a Doctors note may be required to participate in the above listed events (this requirement is determined by the PAR-Q).

