

## Welcome to Teambuilding at the Northern Lakes Impact Center!

Thank you for your interest in the exciting teambuilding opportunities offered by the Northern Lakes Impact Center. The Northern Lakes Impact Center Teambuilding Staff is regarded as one of the top in the Midwest. Our Staff have decades of experience leading Teambuilding and Ropes Course programs for clients of all ages, abilities and backgrounds. Our Leadership Team has even been responsible for developing teambuilding and leadership programs at schools, camps and conference centers around the nation!

Every year we serve thousands of youth and adults of all abilities through programs that are tailored to meet your group and individual needs. We are proud of our ability to deliver outstanding personal and professional development trainings to a wide diversity of clientele. Our Facilitators have worked with literally thousands of teams, including: 3M, the American Cancer Society, the American Diabetes Association, Darden Restaurants, Disney, Ford Motor Company, Gale Group, University of Wisconsin – River Falls, University of Wisconsin – Stevens Point and many Middle and High Schools. We hope to add your group to our list of satisfied customers!

Why choose the Northern Lake Impact Center? We offer:

### **Custom Programming**

At the Northern Lakes Impact Center, we believe that one size does not fit all. We tailor all Teambuilding programs to meet the mental, physical and emotional needs of your group. Our Facilitators will base your program on the long-term goals and outcomes of your group so that we can provide safe, high-quality, relevant learning experiences. If you do not see the program you are looking for and, with sufficient notice, we will design a program that will meet your needs. We are willing to go anywhere in the state, country or world to provide the experience our participants are seeking.

### **Facilities**

The Northern Lakes Impact Center has partnered with facilities in Rhinelander, Wisconsin, Osceola, Wisconsin and Long Prairie, Minnesota. This allows us to offer a variety of “on-site” teambuilding programs, including climbing towers, high ropes courses and low ropes courses. In addition, through our host facilities we can offer overnight accommodations ranging from rustic to hotel-style, excellent Food Service ranging from typical camp fare to our premium menu and state-of-the-art Conference Rooms for longer events.

### **Location**

The Northern Lakes Impact Center operates out of three main facilities:

*Long Prairie, Minnesota • Osceola, Wisconsin • Rhinelander, Wisconsin*

We also offer a wide range of programs that can be brought directly to your company, school or even a public area like a city park. We can also take you and your organization anywhere in the world to create a teambuilding program that meets your specific needs! We have also recently added “Strategic Planning”, “Vision Casting” and other business and nonprofit oriented services to help organizations refine and focus their mission, purpose and objectives. We want to help your group to become the most effective team it can be, and that begins with a clear plan and stated goals.

If you would like more information about a specific activity or would like to talk to one of our professional staff about designing a program to meet your organization’s needs, please do not hesitate to contact us. You can reach us at (715) 203 – 0505, by email at [program@northernlakesimpact.org](mailto:program@northernlakesimpact.org) or on the web at [www.northernlakesimpact.org](http://www.northernlakesimpact.org).

Sincerely,



Maria Rudesill  
Director, Northern Lakes

### **Assembly Challenge**

Tired of your typical scavenger hunts? Do you want your group to value the differences in perspective that their teammates can provide? Then you need to experience the “Assembly Challenge”! We begin by having your group fill out a simple questionnaire and then tailor the program to meet their individual skills and needs. Puzzles and challenges are specifically arranged to provide the appropriate level of challenge as you race through the location on a quest to find and assemble a very special item. (This makes a great “tour” of your facility for new Staff.)

### **At-Risk and Adjudicated Youth Programs**

As part of our outreach, Northern Lakes is proud to announce a new program specifically designed to reach out to the youth that are classified as “At-Risk”. Through a series of half-day, full-day and/or multi-day programs, each created to reinforce the concepts of positive peer interactions, self-esteem building, teamwork, enhanced interpersonal communication and leadership development, youth begin to grow in an environment that fosters acceptance and motivation toward positive change.

### **Climbing Tower**

What is your goal? Participants are encouraged to set their own personal goals and, through group encouragement and support, accomplish them! We discuss how to set positive goals for both personal and team growth and how to move outside of your comfort zone in a safe, supportive environment. This activity is especially relevant to anybody who wants to see their organization grow. (“Initiatives” and “Low Ropes” are included as part of this program.)



### **Community Treasure Hunts**

Are you looking for a unique challenge? Want to draw from your limitless wealth of trivia and facts? Want an excuse to get out and explore your city on foot? Then let the Northern Lakes Impact Center create a Treasure Hunt just for you! With activities and clues specifically tailored to your organization, we will provide a game that will provide not only a thorough knowledge of your community, but also a chance to see all that your city has to offer.

### **Corporate Scavenger Hunt**

Do you have a problem with communication between departments? If you are facing the “specialization crisis”, we can help. Through a study of your company’s physical and organizational structure, we will create a unique scavenger hunt within your corporate facilities, designed to promote awareness between employees and departments. This serves as a great training tool for your new employees and provides an opportunity for leadership by long-term employees.



### **Crisis Simulations**

How does EMS, SWAT and other emergency response teams practice their skills? Talk to Northern Lakes and let us create a “crisis” to meet your organization’s needs. From basic rescue techniques to large-scale emergencies, we are willing to tailor a program that will push your group to new levels. Groups may even choose to have us create “realistic” injuries to provide situation-specific medical responses. Our Leadership Team will work with you in urban areas to remote situations and can provide Red Cross training and certification, if desired.

### **Geocaching / Orienteering**

If your group is looking to find their direction, why not look in our direction! From programs incorporating basic GPS use, map reading and compass skills to advanced orienteering techniques, we can help your group follow the path successfully to their goal. Follow the courses at our facilities, explore the local area sites or have us bring Geocaching to your town! Our focus is on teamwork and developing communication, with activities carefully structured to accommodate all ages and abilities. (“Initiatives” and “Low Ropes” are included as part of this program.)

**Don’t see a program that you would like to experience?**

**Call the Northern Lakes Impact Center at (715) 203 – 0505 to design your own custom Teambuilding adventure!**

### **High Confidence Ropes Course**

Shared experiences are the foundation for a successful team. For any organization, there are times when people are forced to step outside of their comfort zone to adapt to new situations. The High Confidence Ropes Course program creates a unique, shared experience that will allow your staff to develop a deeper understanding of themselves, their fears and their ability to move beyond them. Through positive encouragement, group support and mutual respect, participants in this program will have a chance to grow, not only as a team, but on a personal level, as well. (“Climbing Tower”, “Initiatives” and “Low Ropes” are included as part of this program.)



### **High Teams Ropes Course**

If you are ready to take your teambuilding skills to a whole new level, then we have the program for you! Through our High Teams Ropes Course program, participants learn to work together to reach new heights, literally! Obstacles average 30-feet off the ground and are designed to challenge the team as well as the individual. Your team, secured by mountain climbing gear, will only succeed by working together in this exciting Ropes Course. (“Climbing Tower”, “Initiatives” and “Low Ropes” are included as part of this program.)

### **Initiatives and Group Challenges**

Structured to meet the needs of groups that prefer less physical challenge but would still like to participate in teambuilding, this program offers obstacles that require more mind than muscle. Groups work through a series of teambuilding games and puzzles. This isn't to say that the activities are easily accomplished; this program can offer the same level of challenges and promotes the same positive outcomes as that of its companion, “Low Ropes”.



### **Low Ropes**

A bad name for a good program! Challenge yourself and your team on a series of obstacles in the great outdoors! This program offers a combination of mental and physical challenges designed to promote group teamwork by developing the 3 C's critical for any team: Communication, Cooperation and Caring. Our skilled Facilitators will evaluate your group and, through careful sequencing of obstacles, help them to develop into an effective team. With over 25 obstacles and hundreds of “Initiatives”, we can guarantee you will never have the same experience twice!

### **Mystery Weekends**

Tired of the common conference weekend? Looking for more than a motivational speaker to enhance your organizational retreats? Then let the Northern Lakes Impact Center create a customized crime for you! With activities ranging from detective mysteries to “locked room” puzzles, we guarantee to keep your staff guessing as you work as a team to solve the mystery before the end of the weekend. Costumes and props for your staff are available for an extra fee. Make your next meeting a truly memorable experience!

### **Paintball**

Develop your strategy, draw up your plans and position your team accordingly. Be ready, though, because when the game begins we are going to put all of your ideas to the test. Paintball teaches participants how to pre-plan, communicate, adapt to changing conditions and to work together. Choose from Speedball (a fast-paced game that requires split-second decisions), Woodsball (a slower game that helps to equalize physical differences) or Scenarios (a recreation of historical events or imaginary situations). Although it is a portable activity, please note that Paintball is not ideally suited for all locations.



### **Physical Education Teams Program**

The Northern Lakes Impact Center is pleased to announce an exciting opportunity for local area schools. Through a partnership program, we can offer classes in teambuilding to the youth in our communities at our facility and/or at your school. These classes teach youth of all ages the basic skills necessary for effective communication, positive peer pressure, conflict-resolution and leadership development.

### **Portable Teambuilding**

Do you need to build your team but aren't sure how to move your group to our facility? Let the Northern Lakes Impact Center bring the program to you! A Portable Program, similar to the "Initiatives and Group Challenges", "Low Ropes" and "Structured Teambuilding" programs, is designed to be brought to your organization or even to a nearby park. We have a number of the "classic" elements, including All Aboard, Incomplete Bridge, Maze, Spider Web and more that can be brought to your location! We provide all of the staff, materials and obstacles necessary for your group to grow into an efficient team.

### **Real Rock**

The Midwest is home to some excellent rock climbing! From Devil's Lake in Baraboo, Wisconsin to Taylor's Falls in Minnesota to the Palisades, we can take your Teambuilding experience to a whole new level! We use a top-roping style which does not involve participants learning technical setup or climbing. Instead, we focus on the experience of belaying (holding onto the safety rope), bouldering (climbing only a short distance up or moving horizontally) and climbing. Trained Facilitators oversee the entire experience to guarantee a safe, fun adventure!



### **River Canoe Trip**

Although most people do not realize it, canoeing is very much a team sport. We begin by teaching the basics of canoeing and water safety. After that, we climb into our canoes to retrace the route of the Voyageur Fur Traders! With options for a picnic lunch and/or an overnight campout along the river, your group is sure to have a fun and memorable trip. This is a great activity by itself or can be combined with "Survival Simulation" for an added challenge! ("Initiatives" and "Low Ropes" are included as part of this program.)

### **Sensory-Based Experiences**

Get in touch with your self and with nature through our sensory-based teambuilding programs. From activities like "Hug-A-Tree" which encourages a tactile approach to environmental studies to predator-prey simulations, this program can provide a very memorable experience for our younger program participants! Schools should book early, as there is limited space available for this program. ("Initiatives" and Low Ropes" are included as part of this program.)

### **Strategic Planning**

If you have a solid Vision and Mission Statement, let our Facilitators help turn the ideal into real. We can guide your team through the steps of breaking down your vision into specific objectives and then help you develop a series of action steps so that you can see exactly how your organization can accomplish your mission.

### **Structured Teambuilding**

While utilizing similar activities as those found in "Initiatives" and "Low Ropes", a "Structured Teambuilding" program simulates a "real world" atmosphere. Tasks are assigned with deadlines, acceptable outcomes and quality expectations. Groups learn to work together, based on set time frames, focusing on teamwork as it relates to efficiency in systems. As a part of the "Structured Teambuilding" program, we encourage organizations to provide information about a current issue that they are facing. Our Facilitators will walk your staff through the problem, encouraging open communication and ultimately seeking an acceptable solution that can be implemented upon return to the workplace.



### **Summer Camp Teambuilding Training**

Looking for a way to spice up your Summer Staff Training? Trying to give your counselors some additional activities for their "bag of tricks"? We can help! The Northern Lakes Impact Center can arrange to send our trained Facilitators to both lead and teach Initiatives that involve little or no props! These activities, designed for groups of 6 to 25 participants, can be led for Rainy Day games, time-fillers or to develop teamwork and leadership skills among your campers. We can help you make the summer season more memorable for both you and your staff!

## Survival Simulation

Have you ever wondered how to survive if you were stranded in the wilderness? Let the Northern Lakes Impact Center help you find out! We can create a half-day to three-day Survival Simulation with as much realism as you desire. Our trained, professional staff can provide instruction in basic survival techniques from finding and purifying water to shelter building, edible plants to first aid techniques and much more! (“Initiatives” and “Low Ropes” are included as part of this program.)

## Teambuilding for the Classroom

This program is designed to teach teambuilding techniques for large groups with limited props and limited space. While our focus primary focus is on teachers, this program is applicable for Counselors, Day Care Staff, Pastors, Social Workers, Youth Pastors and anyone else who interacts with children during the course of their job.



## Vision Casting

As part of our outreach, we have consistently seen businesses and other organizations struggle with developing a specific, concise, measurable and communicable goal. With no effective goals in sight, companies cannot know if they are moving in the right direction and any planning for the future becomes simply guesswork. The Northern Lakes Impact Center Vision Casting program takes organizational leaders and helps them establish goals that provide a clear destination, can be articulated to followers and that can be the basis for long-term strategic planning.

## Volunteer Service Corps

Do you want to make a difference in your community, whether on a local or a global scale? Then let the Northern Lakes Impact Center help you find a place to start. From turning vacant lots into parks in your own town to building houses for the homeless in another country, we can find the place where your volunteers can help meet the needs of people from around the world or right next door. All projects are geared for your organization’s abilities and resources. Come join us and help to change one corner of our world!

## Waterfront Teambuilding

Get your swimsuits on and let’s play! With a series of special challenges from raft-building, river racing, group challenges and much more, this is an exciting and relaxing way to build team spirit, encourage communication and have some plain, old-fashioned fun! Certified lifeguards supervise all activities. Spring, Summer and Fall seasons only, weather permitting.

## Wilderness Trips

Designed to promote teambuilding skills and to provide an exciting retreat, these trips can provide all of the adventure and team spirit that you are looking for! Trips include: **Iron Mountains Backpacking** (backpacking and climbing), **Tennessee Trip** (4-day climbing, mountain biking, rafting and spelunking) **West Virginia Trip** (2-day rafting and climbing), and **Whitewater Canoeing** (1-day local trips on the Flambeau, Wolf and Peshtigo). We are also willing to coordinate a specialized program to meet your group’s specific needs.



## About Our Staff

The Northern Lakes Impact Center Facilitators are dedicated to making your event a successful one. Our staff is carefully selected for their ability to relate to the teams we serve and many have extensive experience working within their specialties. For example, many of our Facilitators who work with children are certified teachers or come from an education background, while many of our Corporate Teambuilding Staff has backgrounds in business. All of our staff undergoes training and re-certification on an annual basis with frequent in-services to cover special programs and populations.

## How Can Teambuilding Help My Organization?

In my years of teambuilding, I have encountered a number of people who are skeptical about whether a teambuilding experience can really improve the teamwork and potential of their group. How could something like a scavenger hunt, Low Ropes Course, Initiatives or a canoe trip promote better communication and cooperation in a group of individuals? How important is teambuilding to my team?

Bob Taylor of Taylor Guitars, has said, “Building the team is as important as producing the product.” John C. Maxwell, a recognized expert on leadership and teamwork has observed that, “You will never develop common ground with your teammates unless you share common experiences.”

Teambuilding programs have been in operation for decades and there are literally hundreds of organizations dedicated to their own brand of staff development and team training. Each program offers their own unique styles of activities and focus, but all programs are centered around the concept of shared experiences as a basis for developing understanding, “common ground” and awareness of the importance of goals and goal-setting.

At the Northern Lakes Impact Center, we provide safe, fun, quality experiences that provide the shared experiences and the interactions that are fundamental to promoting dialogue between individuals. Our goal is not to provide a one-day recreational experience but to create an atmosphere of acceptance and understanding that will improve group performance for weeks, months and even years after the event.

This change is brought about through dynamic, hands-on experiences that promote creative problem-solving, group discussions, personal goal-setting and a realization of the limitations, both real and perceived, for program participants. Through the successful completion of tasks and the increase in self-esteem, group acceptance and cooperation that results, participants are provided with life-changing outcomes that can be applied to school, work, family and society.

Call us today at (715) 203 – 0505 to find out what the Northern Lakes Impact Center can do for you!

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[www.northernlakesimpact.org](http://www.northernlakesimpact.org)

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