

LEADERSHIP RETREAT For Young Managers

ENERGY CAMP : For Young Managers

This is an exclusive program for young and dynamic managers. The program in general addresses the development of the following competencies in the team: Result Orientation, Customer Focus, Adaptability, Problem Resolution, Integrity and Ethics

However, the program can be tailored to suit the organisational team development needs, embedding appropriate activities and exercises to achieve the organisation's objectives for the team during their stay with us.

ENERGY CAMP : Objective

The Energy Camp is designed to bring together the middle managers of an organisation in an informal setting, channeling their positive energy through various indoor and outdoor games curated to simultaneously derive team-efficiency / leadership lessons pertinent to the organisation's current needs (such as team building, problem resolution, innovation etc.)

Improved team camaraderie, deeper bonding through simulations of unusual scenarios, opening of authentic and undiluted communication channels resulting in greater discovery of individual personalities, overall development of team cohesiveness from engaging in off-beat tracks unfolding unseen traits, and above all, a genuine time-out with same people but in an absolutely tranquil environment of Our Native Village offering soulful relaxation, are the take-away from the Energy Camp, resulting in a more productive, bonded, united and ego-less team

Day ONE

10:00 | Our Native Village Welcome Experience

The intriguing journey to the resort, the Village experience of meet & greet, bare-foot walk exploring the serenity of nature!

11:00 | Program Orientation & Ice Breaker

An introductory session with an energetic ice-breaker, setting ground rules for the two day journey, including bare-foot walk, no-to-negative, digital-detox etc.

12:00 | Indoor Group Competition - 1

A group activity to earn points. The competition is to build the tallest tower as individuals and as a group, using an unusually peculiar material that puts personalities to test.

13:00 | Lunch Break & Village Experience

After a delicious lunch, bring back childhood memories to life. Pick and choose from a series of 'Forgotten Childhood Games' and help your team win the maximum points.

14:30 | Indoor Group Competition - 2

An exciting indoor game that will test their tolerance for each others ideas, ability to think out of the box, set high targets and achieve great results as a team.

15:30 | Outdoor Group Competition - 3

This is Our Native Village's own multi-sport event where the team competes in multiple Village Games in sequence to lead their team to the victory stand!

16:30 | Indian Chai Corner

Offering a respite from the excitement of games, Indian Chai Corner serves delicious North / South Indian snacks vital for the success of remaining games.

17:00 | Outdoor Group Competition - 4

ONV Heptathlon continues - with new vigour and renewed strategies. Unfolding in the midst of the games are the traits of individuals never seen before in cubicles.

20:00 | Bonfire & Entertainment

With the glowing ember as witness, a well spent evening with dumb-charades and Anthakshari's - building an amazingly beautiful team, marking the end to an exquisitely spent day of learning and discoveries.

Day TWO

07:30 Morning Games & Walking Meditation

Multiple games as an extension of the team spirit developed the previous day and also a special experience of Walking Meditation to appreciate the bond with nature.

10:00 Indoor & Outdoor Group Competitions

A series of indoor and outdoor activities, stimulating their social, intelligent and emotional quotient, leading to self-discovery and refined commitment for personal change as appropriate.

11:00 Lunch Break & Village Experience

After a delicious lunch, bring childhood memories back to life. Pick and choose from a series of 'Forgotten Childhood Games' and help your team earn maximum points.

13:00 The Breakthrough Moment

The participants will get to do what is seemingly impossible at first glance. This activity will enable them to breakthrough limiting beliefs and cause an inner-transformation through a powerful action metaphor.

14:00 Group Yoga Nidra

Experience Yogic-Sleep - a deep relaxation technique that you can use wherever you go, offering physical and emotional power-boost to lead a stress-free life

15:00 Session Consolidation

The group gather to review their performance of two days and celebrate success. This session also offers an opportunity to re-define their path to success by creating an action plan from their individual experiences with people!

The exercises and activities / games in the Energy Camp are only indicative; the activities will be tailored to suit the individual needs of the organisations, especially incorporating the organisational Values, addressing the pain-areas, current issues, future priorities etc.

ABOUT PACKAGES

Package: **INR. 10,000** Per Person Per night (Single Occupancy)

Minimum 10 Participants | Limited to Monday - Friday

Inclusions: Rooms | Government Tax | Breakfast, Lunch and Dinner | Morning and Afternoon Tea-break

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ABOUT FACILITATOR

M A Shahir – Mindfulness Coach and Talent Development Consultant at Niraamaya Retreats, brings onboard over 25 years of international experience in people development.

Green Belt in Six Sigma, Shahir is a Behavioural Analyst, a Neuro Linguistic Practitioner Certified by American Board of Neuro Linguistic Programming, Hypnotherapist certified by American Board of Hypnotherapy, Level II Reiki Healer, and a specialist in Enneagram Personality Profiler – 2500 years old personality analysis tool.

As a Mindfulness Coach, Shahir practices the teachings of Dr. Jon Kabat Zinn of Mindfulness Based Stress Reduction Centre at University of Massachusetts.