



**ADVENTURE
SPECIALTIES TRUST**

EST. 1984

SHARED ADVENTURES

A DAY OF CONNECTION AND WELLBEING
FOR YOU AND YOUR WORK TEAM



SHARED ADVENTURES

Join us for a transformative Team Day dedicated to enhancing wellbeing and fostering deep connections among you and your colleagues.

Our Shared Adventures take place in rejuvenating outdoor environments, nestled in native bush or exploring beautiful coastal areas. Choose an outdoor activity (like sea kayaking, bush walking, surfing or high ropes) and a wellbeing theme (see following pages) and let us take you on an adventure!

This immersive experience is designed to combat burnout and create a supportive atmosphere where team members can thrive together. Through a series of engaging activities and collaborative challenges, we'll cultivate trust, encourage open communication, and strengthen the bonds that make your team truly unique.

This isn't just a day out of the office; it's an opportunity to invest in your team's mental health and camaraderie. You will leave feeling energized, connected, and equipped with practical tools to maintain balance and resilience in your daily work.

Embrace the power of togetherness and take the first step towards a more harmonious and productive workplace—your team deserves it!

“ I have read about how nature
does wonders to
your mental and physical health,
but to **experience it for myself**
is a whole other level.”



SHARED ADVENTURE #1

Tackling Stress and Burnout

ACTIVITY OPTIONS (choose one):

Sea kayaking, bush walk, surfing, high ropes.
(If you would like to explore other activity options, please contact us).

THEME: TACKLING STRESS AND BURNOUT

In today's fast-paced world, stress is inevitable, but burnout is preventable. At Adventure Specialties Trust, we combine outdoor adventure with practical, research-based strategies to help individuals and teams better understand and manage stress. Our *Shared Adventures* programme is designed to help prevent burnout, foster sustainable self-care practices that contribute to long-term wellbeing, and build resilience.

KEY COMPONENTS OF THE DAY

1. *Understanding Stress and Burnout*

Learn the key differences between stress and burnout and how managing stress early can prevent long-term effects. Identify common signs of both to enhance self-awareness and enable early intervention in personal and professional settings.

2. *Strategies for Self-Care*

Explore effective self-care practices that promote long-term health and wellbeing. Work with others to overcome personal barriers to self-care and develop strategies that stick.

3. *Stress Management Techniques*

Explore practical tools and techniques for managing stress in daily life. Build a personalized plan for implementing these strategies and addressing stress management challenges.

Before the programme, our therapist will work with you to ensure the theme and content meet your needs.

OUTDOOR ACTIVITIES TAILORED TO SELF-CARE

Throughout the day, participants will engage in outdoor activities designed to foster reflection, build resilience, and practice stress management in real-time. These experiences offer a dynamic environment to integrate stress reduction techniques with the healing power of nature.

TEAM GROWTH AND PERSONAL INSIGHTS

By the end of this adventure, you and your team will leave with practical tools to manage stress and avoid burnout. Whether in the office or at home, these strategies will support both individual and team wellbeing, fostering resilience, energy, and balance in everyday life.

PACKAGE COST

All of our *Shared Adventures* packages include a qualified mental health professional and highly experienced outdoor instructors, to look after your physical and mental wellbeing. Packages also include all specialised equipment (kayaks, helmets, etc.) plus transport to and from a pre-arranged pickup/drop-off point and lunch for the day.

1-8 people: \$4300+GST

9-16 people: \$5800+GST

17+ people: Please contact us

CONTACT US

Interested? For more info, booking details, availability and customisation options, please see our contact details on the back page. Let's create a unique wellbeing experience for you and your team!



SHARED ADVENTURE #2

A Holistic Wellbeing Experience

ACTIVITY OPTIONS (choose one):

Sea kayaking, bush walk, surfing, high ropes.
(If you would like to explore other activity options, please contact us).

THEME: HOLISTIC WELLBEING

Wellbeing comes from a balanced and holistic approach. We use the *Te Whare Tapa Whā* model, developed by Dr. Mason Durie, to emphasize the importance of nurturing mental, physical, social, and spiritual health. This programme uses outdoor adventure to help individuals and teams explore these interconnected aspects of wellbeing. Through activities grounded in Taha Hinengaro, Taha Tinana, Taha Whānau and Taha Wairua, participants will gain deeper insights into their own wellbeing and leave with practical strategies for fostering balance and fulfilment in life.

KEY COMPONENTS OF THE DAY

1. Explore and Understand the Te Whare Tapa Whā model

Participants will learn about the Te Whare Tapa Whā model, exploring different dimensions of wellbeing. They'll gain insights into how wellbeing is understood and expressed differently by individuals.

2. Assess Personal Wellbeing

Each person will reflect on their own strengths and weaknesses across the four areas of wellbeing. This self-assessment encourages a deeper understanding of personal wellness in the context of their lives.

3. Set Goals for Improvement

Participants will leave with clear goals and intentions, plus a heightened awareness of areas needing attention, helping them boost their overall wellbeing in both personal and professional aspects.

Before the programme, our mental health professional will work with you to ensure the theme and content meet your needs.

OUTDOOR ACTIVITIES TAILORED TO WELLBEING

Your team will participate in engaging outdoor activities facilitated by a trained mental health professional, alongside an experienced instructor, guiding you through both physical challenges and reflective practices. The day's theme will be based on the Te Whare Tapa Whā wellbeing model, focusing on four key dimensions of health.

TEAM GROWTH AND REFLECTION

Throughout the day, there will be guided moments for discussion and reflection, allowing participants to discuss how the four dimensions of wellbeing relate to their personal and professional lives.

By the end of the day, your team will leave with new insights into their support systems and strategies that can improve both personal and workplace wellbeing. This is more than just an outdoor adventure—it's a journey towards building a more connected, resilient and healthier team.

PACKAGE COST

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SHARED ADVENTURE #3

Build Your Team

ACTIVITY OPTIONS (choose one):

Sea kayaking, bush walk, surfing, high ropes.
(If you would like to explore other activity options, please contact us).

THEME: TEAM BUILDING

As a leader, you know the value of investing in your team's success. Traditional team activities or social events can become repetitive and often don't engage everyone.

What if there was a way for your entire staff to reconnect, recharge and thrive together?

Imagine a day outside the office, where your team steps into nature, faces challenges together, and builds stronger bonds through shared adventure. Our *Shared Adventures* programme is crafted for leaders like you—who care about your team's wellbeing and are ready to invest in something that truly makes an impact.

KEY COMPONENTS OF THE DAY

1. Build Connection

These activities encourage connection beyond work roles, creating stronger relationships and fostering a supportive team environment and a sense of belonging within the team.

2. Strengthen communication

In a relaxed outdoor setting, your team will learn to listen, collaborate, and see each other's strengths in action. Through the adventure activity, they'll develop better communication skills, helping them work more effectively together back in the office.

3. Boost mental wellness

The calming power of te taiao (the natural world) will help your team recharge and reset. The experience promotes mental wellness by offering time to unwind and reflect, leaving participants re-energized and more focused for the challenges ahead.

Before the programme, our mental health professional will work with you to ensure the theme and content meet your needs.

OUTDOOR ACTIVITIES TAILORED TO WELLBEING

Throughout the day, participants will take part in outdoor activities designed to foster connection, enhance communication, and boost mental wellness in real-time. These experiences provide a dynamic setting that combines effective team building with the restorative power of nature.

TEAM GROWTH AND PERSONAL INSIGHTS

By the end of this *Shared Adventure*, you and your team will walk away with a stronger sense of belonging within the team and the potential to positively shift and enhance team dynamics. Additionally, they will gain personal insights into their own wellbeing that they can apply both in their personal and professional lives.

PACKAGE COST

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"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea; they are excellent schoolmasters and teach us MORE than we can ever learn from books."
 - John Lubbock

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