



# Women's Corporate Team Building Curriculum Overview

## Purpose

An experiential team-building program that uses **surf, movement, and facilitated reflection to strengthen collaboration, resilience, and communication**. Female teams learn together on land, rely on one another in the water, and **translate insights directly back to the workplace**.

Mentor volunteers are present for safety and support, while the emphasis remains on peer collaboration and shared problem-solving.

## Key Outcomes

- Stronger trust and collaboration
- Improved communication under stress
- Increased confidence and adaptability
- Shared experience that reinforces team culture
- Practical tools that translate back to work

## Format Options

- Half-day or full-day experience
- Customizable by team size, goals, and comfort level
- No prior surf experience required



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## Morning: Learning & Team Foundations (On Land)

### Focus Areas

- Resilience under pressure
- Psychological safety and trust
- Communication, consent, and boundaries
- Navigating discomfort and uncertainty

### Interactive Elements

- Facilitated discussion and reflection
- Small-group activities
- Setting shared team intentions

### Outcome

- Shared language around trust, resilience, and support
- Clear understanding of how these skills show up at work



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## Afternoon: Surf Experience (In Water)

### Focus Areas

- Beginner-friendly surf instruction
- Participants surf in pairs or small groups
- Emphasis on encouragement, adaptability, and teamwork
- Mentors provide safety guidance without leading

### Outcome

- Practicing collaboration in a dynamic environment
- Building confidence through peer support
- Strengthening communication under real-time pressure

*\* If the teams are experienced surfers, in-water time can be tailored to skill level.*

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## Closing: Reflection & Integration (On Land)

### Guided Reflection

- How did the team navigate challenge and discomfort?
- What communication styles were most effective?
- Where did trust show up—or break down?

### Outcome

- 2–3 individual and team insights
- Clear connections to workplace behaviors