

CORPORATE ACTIVITIES AND TEAM BUILDING

HARNESS YOUR ENERGY REACH YOUR POTENTIAL

TRANSITION **EXTREME**

»» The Adrenaline Enterprise

Scottish Charity No:SC036358



Corporate multi activity booking options

We can cater for groups of between 6 and 60 people depending on the activities.

Choose from:

- Indoor Climbing
- Skatepark (Skateboard / BMX)
- Development Activities (see below)
- Outdoor Climbing & Abseil
- Aerial Trekking & Fan Drop / Zip wire

Developmental Linear Course

Your team will race to the top of the horizontal beams, requiring co-operation and critical thinking at all stages

Crate Stack Challenge

Participants must work together, using problem solving skills and decision making strategies, to build the tallest crate tower

Leap of Faith

Ascend the 'Power Pole' then jump to reach the trapeze bar. Push your boundaries and take the Leap of Faith!

Gladiator Challenge

Your team will compete to ascending poles,tyres and nets; perfect for testing and developing agility, physical co-ordination and leadership potential.

High All Aboard

Participants can take part in a timed challenge, ascending the 'Power Pole', testing agility and physical co-ordination, to reach the High All Aboard platform.



What's included

- We have full Public Liability Insurance to £5m and follow strict rules governing inspection, maintenance, use of our course and equipment
- Fully qualified Instructors and Personal Protection Equipment (PPE)

Your experience

Full Day
9am-5pm
Teas and coffee throughout the day
Lunch
Use of training room area for up to 50 people
Use of breakout room for up to 12 people
Use of projector equipment
Choice of 3 x 1.25 hour sessions or 4 x 1 hour sessions
Only £75 + VAT per person

*minimum of 12 people when booking activities.

*terms and conditions apply.

Half Day
1.30pm-5pm
Teas and coffee throughout the day
Use of breakout room for up to 12 people
Choice of 2 x 1.5 hour session or 3 x 1 hour sessions
Only £60 + VAT per person



“Team building activities, such as those offered by Transition Extreme, ensure all our employees get to know each other in a challenging but fun environment.”

Dana Petroleum



Transition Extreme’s **tailored team building activities** will ensure that you get the most from your team. The variety of activities will not only get the adrenaline pumping but

- Increases confidence
- Improves staff morale
- Improves organisational productivity
- Improves problem solving skills
- Encourages creativity
- Improves communication
- Improves motivation



“Visiting Transition Extreme was great fun. Although some of the team were a little nervous at first, the staff were really encouraging and the facilities were fantastic. It’s a great day out and we’ll definitely be back soon.”

Pinsent Masons LLP

YOUR ADVENTURE IN THE HEART OF THE CITY

**TRANSITION
EXTREME**

»» The Adrenaline Enterprise

Scottish Charity No:SC036358

For further information,
please contact:

01224 626279
www.transition-extreme.com
info@transition-extreme.com
Links Road, Queens Links,
Aberdeen AB24 5NN

