



Aspire for Consulting & Training

Outdoors
Experiential
Learning Training
Overview

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I. Introduction

Aspire for Consulting and Training

Is a pioneer Egyptian company that provides specialized leadership and team building trainings for a wide variety of clients in the business sector using the experiential learning and outdoor challenge activities.

For the last 6 years, the facilitation team of Aspire facilitated these types of trainings for more than 40,000 participants from different age brackets, geographical areas and sectors of the society.

In the last 6 years, following a period of market awareness to what these types of trainings capable of doing in the business world, the idea of starting a company specialized only in these types of trainings became a pressing issue, and only in 2007, Aspire which was a dream for a group of professional consultants became a reality.

Aspire seeks to reach integrated solutions for current challenges in teams within companies, by integrating these trainings in the fabric of the companies we believe that companies and organizations will become more efficient and productive.

Mission Statement

Developing a new generation of influential business leaders who:

- Are able to integrate their constructive values into the fabric of their organizations
- Strive for an efficient and ethical business environment.
- Start and maintain positive change in their sphere of influence in their organizations.

Training Methodology

Our training Methodology can be summarized in three main points:

- 1. All training activities are learners' centered**, meaning that the learners interact all the time during the training to draw the learning from each other and from the activities through the help of an equipped facilitators.
- 2. All training activities are challenging yet full of fun**, which involves the intellectual-cognitive and emotional capacities of the participants. Through those activities the participants start to discover a lot of things about themselves and about their colleagues, also they start to discover solutions to existing problems and as teams they encourage each other to walk in the journey of change and transformation as shown in the following diagram:

During an experiential learning and challenge training day, participants will:

- **Know** the concept through an activity
- **Understand** the different sides of this concept through a discussion and debriefing

- **Believe** in the concept when the participants go through another activity and start apply what they understood

- **Try** the same concept again and again in other activities for the rest of the training day to reinforce the concept

- The moment, the participants decide that this concept works (**conviction**), they will be asked to commit that they will take this concept with them to the work environment

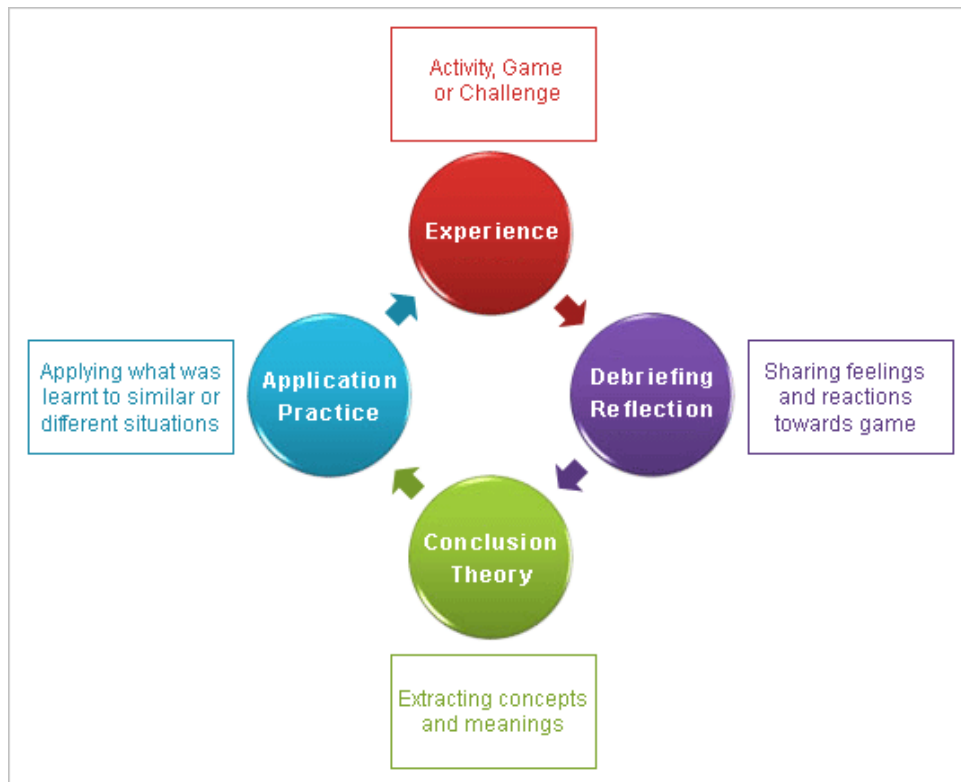
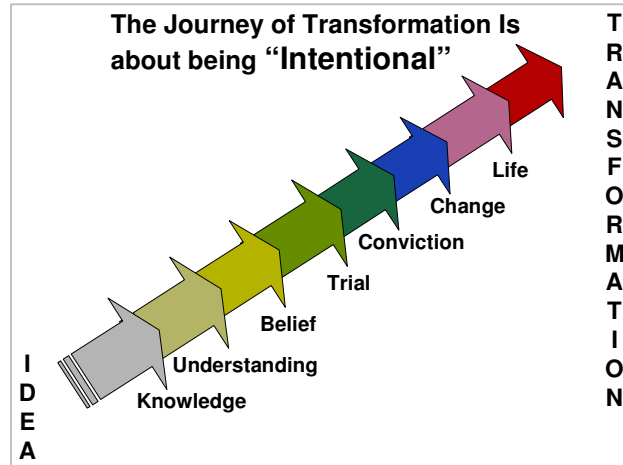
After the training day and in the working environment the participants will:

- After applying the concept they committed to at work, the participants will start experience **inner change**

- After a period of time living by this concept, the inner change will be **a life style**.

- Only then **a real transformation** in the work environment will be seen on all levels

3. All training activities are experiential, which serves all different learning styles and encourages the learners to find practical solutions to existing challenges and needs by using the Experiential learning technique equipped facilitators lead the learning process as it shown below:



Different learning styles will be involved and served during the process as follows:

1. **The activist** will be involved through **the experience** itself
2. **The reflectors** will be involved through **the debriefing** time
3. **The theorists** will be involved during the **theory and conclusion** time
4. **The pragmatists** will be involved through **the application** time

II. Track Record and list of clients

Aspire has a growing range of clients. Our training has successfully impacted business organizations and other specialized entities, expanding their potentials and providing trainees with a unique experience of change. Mentioned below are some clients whom Aspire served.

- **MobiNil**
- **Vodafone – Egypt**
- **LinkdotNet**
- **Xceed – Top Management Team**
- **Maersk Sealand**
- **Novartis Consumer Health**
- **Schering Plough**
- **American University in Cairo (LEAD Program)**
- **Rotary Club of El Tahrir (RYLA event)**
- **Care Egypt**
- **Amid East – Egypt**
- **Berzi Group**
- **Oasis de Maadi School**
- **El Alsson School, Haraneya**
- **BBC Schools**
- **TAHSEEN, NGO**
- **Kids Games Camp since 2004**
- **Local organizing committee of International tournament of tennis table for juniors, Egypt 2005**

III. Ropes Courses and outdoors based training

Hereby we will be giving a rapid overview on the ropes courses and the philosophy of outdoors trainings

The Ropes Courses:

Definition “A ropes course is a challenging outdoor personal development and team building activity which usually consists of high and/or low elements. Low elements take place on the ground or only a few feet above the ground. High elements are usually constructed in trees or made of utility poles and require a belay for safety.”

A ropes course is more than an outdoor learning venue. It is an opportunity for individuals and groups to expand their horizons and learn something about themselves. Ropes challenge courses provide the means for adventure-based activities which, when combined with Experiential Education (EE), provide life-changing experiences and create stronger individuals and teams.



History of ropes courses and adventure education

Adventure Education (AE) and Experiential Education (EE) programs have been present in the United States since 1963 through the first Outward Bound USA. This style of education, or "learning by doing" was the underlying education method for long Outward Bound expeditions in the outdoors, which resulted in increased self-esteem, awareness, motivation, self value, problem solving abilities, communication skills, conflict resolution, leadership abilities, and increased morale for individuals that comprised the expedition groups. AE and EE activities during these programs included backpacking, sailing, camping, rock climbing, mountaineering, canoeing, rafting, obstacle courses, and psychological barriers. These activities were used to create artificial stresses and challenges to help participants gain an increase in their self perception and abilities. Over the years, studies have been performed that have documented these benefits.



Ropes Courses Overview

Successful team building events should carry over into the office. Ropes courses are inherently fun, and safety should always be the first priority. But, without the guidance of a professional facilitator that knows how to identify the specific needs of your team, your investment in training may be wasted. Aspire clients choose our customized Team Building Adventures because they appreciate the difference between recreational events and truly facilitated team building programs.



What is an Aspire Ropes Course Challenge?

The combination of Low and High Ropes Courses enable participants to grow at both the team and individual levels, exploring risk, leadership, communication, problem-solving, and coaching. The Low Ropes Course focuses on collaboration. The challenges call upon every member of the team to participate, and they present unending opportunities for self-discovery and team growth.

The High Ropes Course emphasizes risk-taking, trust, and coaching. The challenges allow participants to expand their comfort zones—sometimes dramatically—and recognize fears that may block personal achievement. Each moment is rich with discoveries, whether a person is climbing, supporting "on belay," or finding an effective way to encourage a teammate.



Ropes Course Challenge can be used to...

- Pull new project teams together to practice problem solving in a group setting.
- A fun and energizing kickoff for an annual retreat to celebrate success.
- Build interdependence and risk taking skills.
- Create a reference point for improving communications.
- Clarify roles and responsibilities.
- Strengthen company-client relationships.
- Integrate an enjoyable activity to break up a multi-day meeting.

How a Ropes Course Challenge Applies to Your Team

Aspire specializes in dovetailing your current business issues and training topics into your ropes course challenge. You may have an existing training curriculum, or current readings that you want to bring to life or you may want to choose from one of our corporate training workshops like: The Leader's Role in Team Development and Teamwork.



The Philosophy of outdoor games:

We adopted the term seven years ago; before it made its way onto everybody's evening newscast, because it seems to effectively describe what outdoor training can do. Companies and their internal teams, even in the best of cases, seem to lose focus on their primary task, which is to compete in the marketplace. Aspire's method is to help maintain teams' culture and focus directed on making the Big Team, the company, vital and successful.



Outdoor training methods give us the opportunity to cooperate with our clients in investigating how they do what they do. Sometimes they don't communicate as well as they thought. Sometimes one person on a team believes that he or she is somehow bigger than the team is - that he or she always has the right answer, even if nobody else agrees. Sometimes one member of a team will stop a process - even a valuable one - if it feels somehow out of control. Our trainings bring these things to light in a way that doesn't feel judgmental. The patterns come up and we talk about them.

IV. Testimonials of Aspire's Trainings

Hereby are some of the success stories of Aspire's outdoor experiential learning trainings

"The spirit of the facilitators is amazing they really want to give us the best they have, they impacted our lives, those were only 48 hours but it seriously influenced our lives much. Aspire had the challenge that those who were afraid get back to their homes enjoying"

May Azaab
Enterprise Operations Sr. Manager
Vodafone Egypt

I could say that after those three days, everybody really felt the difference; we thought ok you were right – This is a place where we learn something together
Ghada
Vodafone Egypt

There was a real shift that happened in the live of my employee, they got closer to each other, a lot of the people came not knowing each other, now the now each other, I am really so impressed by Aspire Staff"
Amr Abdallah
Chief Strategy Officer
Vodafone Egypt

This is one of the best of the best experiences I have had in my life. Besides the fun part and the beauty of the nature of the place which I have enjoyed to the maximum, I was really fascinated with the influence and the impact it has left over all participants. I have really seen people realize and sense the change deep inside. Thanks for the facilitators team for Facilitating our Lives □ "
Reham El Fiky
Training and Development Supervisor
LINKdotNET

Dear Aspire team, yesterday, I joined one of your team building training. It was really fun and very fruitful learning about myself and raising my self-awareness. Also, Aspire team is the most patient and able to create happiness and fun every minute. Thank you and keep it up... I mentioned you have 80 million Egyptians that can benefit out of your mission.

Reham Salah
Organization Development Manager
LINKdotNET

V. The Facility of “Beit el Wadi”

Here’s an overview of the facility we’ll be using in our trainings day



Located on an area of **25** acres and can currently hold up to 400 people includes a two fully equipped soccer field (Futsal and F6S), a half size Olympic swimming pool (25x12.5), 2 basketball courts, 2 volleyball courts, 2 Tennis Courts, 2 Dodge Ball courts, a five-a-side field, a gym, and 2 new squash courts, Table Tennis room and Camping Site.

AND FOR THE FIRST TIME IN EGYPT AND THE MIDDLE EAST:
High Tower, Zip Line, Trampoline, Low Ropes Course, 2 High Ropes Courses and Archery.

- Air-conditioned villas (capacity: 315 beds)
- A hall and activities theater.
- Air-conditioned food court.
- 3 floors very well equipped hotel.

Our facilities will give you the chance to design your own event and deliver it in a powerful way that gets the results you want.

For more informations visit: www.kidsgamecamp.com
Or call our office: (9012) 744 51 55
tel & fax: (0103) 579 49 343

Beit el-Wadi:

- Located on an area of 25 acres.
- Includes a fully equipped soccer field, a half size Olympic swimming pool, 2 basketball courts, 2 volleyball courts, a five-a-side field, a gym, and 2 new squash courts.
- High Tower, Zip Line, Trampoline, Low Ropes Courses, 2 High Ropes Courses, Archery, and a Camping area.

“Release form should be signed for using the Zip Line, High Ropes and Low Ropes”

- Air-conditioned villas (capacity: 315 beds)
- A hall and activities theater.
- Air-conditioned food court.
- A fully equipped luxurious hotel (capacity: 198 beds)



Beit el Wadi

Don't waste FUN