welcome to our resort

Located less than one hour from Manhattan and most points in northern and central New Jersey, Crystal Springs Resort is the ideal destination for your corporate event, meeting, golf outing, company picnic, family reunion, or catered affair.

We host more than 600 successful events each year, and offer more than 100,000 square feet of flexible and unique meeting space, as well as luxurious accommodations.

Enhance employee productivity by having your staff participate in our array of teambuilding activities and recreational choices. The following contains a brief description of some of our events. All programs can be customized to meet and exceed the needs of your group. Our staff will work with you every step of the way to ensure you have a successful event.
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### All Culinary Events:
- Subject to set-up fees
- Food and beverage will have 23% Service Charge and NJ Sales Tax added on
- Alcoholic beverages are not included (unless wine pairing is ordered)
- The Wine Educator cannot be offered on Saturdays

### All Activities:
- Subject to change
- Ask your sales rep for availability and pricing
**IRON CHEF COMPETITION**

Our team of chefs will guide your group in this unique culinary experience with hands-on assistance. A selection of fresh high quality ingredients will be used and each team will prepare a meal consisting of an appetizer, entree and side dish to be judged based on presentation, taste, originality, best name and overall teamwork. Each member of the winning team will receive a bottle of Crystal Springs Resort private label wine. Our kitchen will serve a delicious meal for all guests to enjoy after the competition concludes.

(12 person minimum. Chef hats and aprons are provided to each participant)

**FARMING WITH GPS**

Participants will travel around The Resort with a hand-held GPS unit in search of fresh, local ingredients needed to create an appetizer. Select an appetizer of your own or stick with one of our favorites: guacamole or pico de gallo. After collecting all ingredients, participants will be briefed by our chef on proper knife handling etiquette and receive tricks on how to enhance flavors and presentation before preparing their dish from scratch. Everyone will get to sample each creation before a panel of judges selects the ultimate winner!

(12 person minimum)

**CHILI COOK-OFF**

Our team of chefs will lead your group in this culinary cook-off by providing the freshest, highest quality ingredients and hands-on assistance. Chef hats and aprons are provided to each participant. Each team will prepare its best bowl of chili for the judge, as well as a marketing pitch to convince the chef as to why its chili is the most favorable. Ratings will be awarded based on color, aroma, consistency, taste and effectiveness of sales pitch. Each member of the winning team will receive a bottle of Crystal Springs Resort private label wine.

(12 person minimum)

**MIXOLOGY COMPETITION**

‘Mix it up’ with mixology! In this contest, teams are challenged to create a signature cocktail using the provided beverages, plus a secret ingredient. Each station will include everything needed, with other ingredients available in the center of the room to share. Teams will be given the instructions and will have 30 minutes to create as well as name their signature cocktail. Each team will be judged on teamwork, taste, creativity and originality.

(12 person minimum)
S’MORES
Enjoy the outdoors and each other’s company as you gather around the outdoor firepits and make some S’mores with Graham Crackers, Chocolate Bars and Marshmallows.
{12 person minimum}

BLIND WINE TASTING GAME
Test your knowledge of wine with a blind wine tasting facilitated by our sommelier. Guests will be broken up into groups and will sample two different wines (a red and a white). The wine bottle will be placed in a brown bag to conceal the label and bottle shape. Guests will have 15 minutes to guess the continent, country, region, grape and year of each wine. After the game, enjoy a tour of our award-winning Wine Cellar, or combine The Wine Educator with Blind Wine Tasting Game for an extra fee. Activity is hosted on property at Grand Cascades Lodge.
{12 person minimum. 50 person maximum}

THE WINE EDUCATOR
Enjoy 1 ½ hours of wine tasting with artisan cheeses and breads, instruction, a guided tour and wine Q&A with one of our renowned sommeliers in our wine spectator grand award-winning Wine Cellar. Learn about the top grape varieties, wine regions, styles of wine and the basics of pairing wines with food.
{12 person minimum}

CUPCAKE CHALLENGE
A group favorite! Each team receives twenty cupcakes to decorate. Chef hats, aprons and towels are provided to each participant. Each will receive frosting, fondant and piping bags. A communal center table will contain additional condiments and a display container that will be used to decorate cupcakes in a way that represents the team, the company or positions in the company. Teams will have 1 hour to use condiments, display vessel and cupcakes to form their finished product and then present. Cupcakes will be judged on teamwork, creativity and originality. BONUS: At the end of 20-30 minutes, there will be a mystery ingredient, or special add-on introduced to the event for even more fun and excitement.

MURDER MYSTERY
Bring your detective skills to the dinner table and try to solve the mystery we provide. Teams will work together to crack the clues and solve the mystery under the direction of one of our Detectives. Using company and participant details you provide, we’ll customize the show for your group, creating a truly unique experience. This is a fun, casual activity with a good range of participant involvement that will set the stage for a evening not to be forgotten.
{15 person minimum}
CHARITY BUILDS
Engage and motivate your team while giving back to the local community. Partnered with several charitable organizations, we offer a wide variety of events that will bond your participants together and leave them with positive memories for years to come. Our inspiring build events include activities and challenges resulting in the creation of bicycles, toboggans, wheelchairs, Adirondack ski chairs, beehives, river barges and greenhouses, dollhouses, playhouses, and prosthetic hands — just to name a few! These donations will benefit children, schools, the elderly, the homeless, soldiers overseas and veterans returning home, women and children effected by domestic violence, Honeybees, and local rivers & streams. We can provide the charities or support a charity you are already aligned with to create a customized event to meet your goals and objectives. Either way, we will handle all the logistics. We strongly believe in the importance of giving back to the community and will work tirelessly to make sure your impact reaches as far and wide as possible.

SOLAR RACEWAY
Fuel your team by helping children learn the importance of science, technology, engineering and math (STEM) by providing them with materials to build solar-powered racecars. Using creativity and imagination, teams will be challenged to design, customize and build their own solar-powered cars from recycled and upcycled materials to compete against other teams. After the race, teams will assemble kits to be donated to local STEM programs for children to learn hands-on. Buckle up, start your engines and we’ll see you at the finish line!

VOTE WITH A BUTT
Did you know cigarettes are the #1 pollutant of our local waterways? Vote with a Butt is an innovative way to get people to stop littering cigarettes while creating a little friendly competition at the same time. Teams will work together to build an enclosed ashtray box, divided into 2 compartments, to collect used cigarette butts. Here is where the fun and competition come into play: teams will need to create a common debatable topic to be asked, like which NY football team is best — Jets or Giants? Each box will be designed and decorated to vote on the specific question using the two compartments. 1 for each answer. The built boxes will be donated to the Hackensack Riverkeeper to be placed along the river to collect littered butts and help preserve the community.
ADULT FIELD DAY

Take advantage of the unique talents within your group with this throwback to grade school, built with adults in mind. Adult Field Day features activities that are fast, fun, challenging and engaging and will require groups to work together to complete. Teams will rotate through a variety of activities playing against other teams in head to head competitions, earning points at each activity. Scores will be added up for an overall team score. The team with the highest score will win gold and the ultimate bragging rights!

TEAM EVENTure CHALLENGES

Experience a series of our dynamic challenges — you choose the activities and the location. Using proven experiential development techniques, we'll bring your group through a series of fun and engaging activities, with guided debriefs after each challenge. By opening up different lines of communication and reinforcing meeting-specific topics and goals (if desired), we can guide your team through a process of performance improvement. We work with you to ensure activities selected focus on your desired themes and outcomes. Activities range in complexity and can be adapted to fit any location. While we specialize in outdoor adventure, we have many fun indoor activities to offer as well.

ARCHERY TAG®

Played similar to dodgeball with their bows and patented foam-tipped arrows, Archery Tag® is an exciting, action-packed game offering the ultimate family-friendly experience that engages everyone. Don't miss out on Tag... The game you never outgrow! Must be at least 12 years old.

MINUTE MAYHEMS

Our Minute Mayhems challenges are fast and fun activities, guaranteed to get all participants involved and fully entertained! Using standard items found around the house, these non-athletic, yet challenging games are actually quite deceiving as they look much easier than they actually are. Teams will need to determine a strategy and rely on each other to complete each task in 2 minutes or less. There will be a time limit associated with each activity to provide teams with the opportunity to identify problem areas and change direction to continuously improve their final time. The team with the most overall challenge wins will be named as champions!
HIGHWAY TO SUCCESS
Challenge your engineer and design skills to build the road to success in this interactive, hands-on activity which combines communication, collaboration, creativity and goal setting. This event allows your team to build a free-standing, self-supported bridge which will guide them from where they are right now to where they want to be using SMART goals. Each team will be responsible for developing team goals and building a section of the “highway” that supports the weight of the entire company, using only the provided materials. To culminate the event, each participant must walk across the bridge confronting their goals, leading them to “success” at the end. Together we will bridge the gap, achieve our goals and have some serious fun!

UNITED WE BREAKOUT
Do you have what it takes to breakout? The United Breakout is a portable escape room designed to unite your team and think outside the box. Race against the clock and each other to be the first team to break out. Teams will need to solve numerous puzzles and challenges in order to unlock a series of boxes, each layer revealing more clues, until you reach the final box identifying the ultimate winner. This event highlights individual strengths, encourages collaboration, persistence and provides the perfect platform to practice attention to detail and strategic thinking. We can accommodate groups of all sizes, at one time, at any location!

ADVENTURE QUEST
Using GPS units and tablets, teams will compete a series of cognitive and physical challenges while answering trivia questions along the way. In order to do well, teams must strategize how to acquire the greatest number of points and capitalize on individual strengths. It’s a great way to increase team collaboration, engagement and have fun! [Minimum of 3 Hours. Takes place at the Mountaintop]

CSI INVESTIGATION
Partake in a realistic “homicide investigation” while playing roles as part of a law enforcement team. Teams must work as a unit of investigators to give prosecutors what they need to obtain a conviction by establishing motive, means and opportunity, through teamwork, communication and collaboration. Complete with victims, suspects, clues and all the rigors of police work, the CSI experience allows “investigators” to experience the significance & value of each team member in an interactive, non-threatening way.
GEO-TREKKING
Embark on a technology-driven scavenger hunt to maximize team efficiency and collaboration while competing in a series of mini challenges and trivia along the way. In this fun, outdoor activity, small groups will explore an area in search of pre-programmed checkpoints with a hand-held GPS unit. Once teams arrive at a checkpoint, they will be faced with a challenge or trivia questions to solve. Questions can include general knowledge trivia, puzzles and riddles or can be customized to company-specific questions to further personalize your experience and reinforce meeting objectives. This event is designed so teams will have to maximize their efficiency and collaboration in order to find as many checkpoints as possible within the allotted time. Only groups with the best strategy and teamwork will be lucky to locate them all! This event provides the opportunity for participants to step outside their comfort zone, embrace new challenges and develop new friendships.
*Ask how you can customize this event to support a local cause.

SCAVENGER HUNT
VARIATION #1 — Enjoy our innovative twist on a scavenger hunt with this fun, fast-paced challenge which will keep the entire team engaged. Working in teams, you'll set out in search to find a variety of items and locations using photographic clues provided. However, these aren't straightforward images, as you'll quickly recognize. We've gone out of our way to test your observation skills and determine who is paying attention to the details. This will take the visual acuity of your entire team to succeed. The team that locates the most items in the timeframe provided will win! This is a great exercise in open-mindedness and collaboration, as anyone in the group might notice the critical details required to succeed. In turn, these abilities will strengthen your workplace and interpersonal skills, improve the way you interact with people and environments around you and enhance your problem-solving skills more effectively.

VARIATION #2 — Set out in search to find a variety of items and locations, while completing trivia questions and puzzles along the way. This hunt incorporates the use of our tablets so while many items you will need to collect to bring back to the finish line, you will also need to upload photos and videos of your team completing specific tasks in order to be awarded points. The team that collects and completes the most items and challenges in the timeframe provided will win!

ANIMAL EDUCATORS
Get educated with local animal experts. Learn about their world as they provide a bit of joy and happiness!
{1 Hour Seminar}
CORPORATE SURVIVOR
Compete in a series of thought provoking and entertaining head-to-head competitions to determine which team has what it takes to survive! Teams will rotate through a series of activities, competing against each other yet learning from the previous teams’ mistakes. In between each challenge, teams will have 5 minutes to share best practices with the other teams to create a competitive yet collaborative event. Upon completing each activity, teams will be given a clue with a number on the back. These clues will need to be solved and arranged to determine the correct number sequence to unlock their final challenge. To further incentivize teams, teams will be rewarded with an advantage heading into the final challenge – so the more collective wins a team has, the better the advantage they receive! Does your team have what it takes to outsmart, outplay and outlast the competition?

GOAT YOGA
A 1 hour yoga class for all levels of experience, where we incorporate our mini goats with a ratio of goats to guests that no one else can provide. The goats are unleashed, free to range and will climb on backs, socialize and will get up close and personal with everyone in the class. Following the 1 hour class is a 30 minute social experience where pictures can be taken holding our little stars.

MINERS EXPERIENCE
Join the Sussex County Miners on Game Day at Skylands Stadium! Enhance your game day fun with food vouchers, private picnic area or private suites. Champions Way Sports Academy offers a 17,000 sq. ft. indoor training facility, new batting cages and turf field. Lessons and clinics are also available with professional baseball and softball instruction. Enjoy these facilities on their own or host an Adult Field Day!

INDOOR & OUTDOOR SPORT CHALLENGE OPTIONS (with a coordinator):
- Softball
- Wallyball
- Kickball
- Horseshoes
- Egg Toss or 3-Legged Race
- Corn Hole
- Frisbee Golf Toss or Sack Races
- Hula Hoop Contest
- Tug-of-War Competition
- Amoeba Race or Human Knot
- Basket Shoot (Indoors only)
- Slam Ball

Select 3
explore your creative side

PAINT N’ SIP
Amaze yourself as you create your own masterpiece with hands-on guidance from local artists. Enjoy a stress free environment filled with fun, friends, laughter and creativity.
{10 person minimum}

GLASS PAINT N’ SIP
Looking for a quick artistic adventure? Visit our glass painting workshop to fulfill your creative needs! Spend an hour learning simple steps to create a gorgeous painted wine glass!
{10 person minimum}

CANVAS CONNECT
Strengthen your group dynamic, spark creativity and let your inner artist come out to play! This event will bring in an artist to teach your group step by step how to paint an original piece of art. Absolutely no experience is needed for members of your group to participate. Paintings can be done individually or create one large-scale painting as a team. Paint your company logo, pick from our gallery or have our local artist create something specific for your group beforehand. Paintings can be taken home to show off to your family and friends or back to the office for display on the wall. We supply all the paint, brushes, aprons and everything you need to create your masterpiece. Canvas Connect will provide your group with a one-of-a-kind, personalized experience sure to spark collaboration, leaving your team inspired and ready to create!

LOCAL ARTISAN WORKSHOPS
Choose from a variety of educational and artistic workshops including: Bee Keeper Talks, Macrame Jewelry or Macrame Plant Hanger Workshop, Herbal Salve Making Workshop, Customized Pet Portrait Painting Workshop, Art Journaling, Floral Workshops, Medicinal Tea Tasting and Plant & Sip.

TIE DYEING
Release your inner child and create colored patterns by tie dyeing your own shirt!
EDIBLE & MEDICINAL PLANT WALK OR SEMINAR
Join our Certified Herbalist and Naturalist, for a walk along the Crystal Springs Resort Nature Trail to discover edible and medicinal plants that can be found not only throughout the region but in your very own backyard. The Herbalist will share helpful hints for proper plant identification, as well as easy and efficient methods for harvesting and preparing these plants at home. Bring any plant related questions that you wish to be answered. There will be many stops along the way to meet and observe the plants, so be sure to bring your camera and a notepad.

MOUNTAIN HIKE
Take an invigorating hike with one of our certified personal trainers up to the top of the 1,500 ft. Hamburg Mountain and back down. You will be rewarded with a beautiful view of the Vernon Valley. This hike is of moderate intensity. Please dress appropriately and bring a bottle of water. Weather permitting. Have an extra hour? Add a canoe trip on the mountaintop lake.

GRAND CASCADES LODGE NATURE TRAIL
Explore The Nature Trail along the woods of Wild Turkey Golf Course. While on the 3.1 mile long trail, you will encounter beautiful views of the golf course and surrounding areas. Possible animal sightings include deer, squirrels, rabbits, red-winged black birds, ducks, hawks, black bear, great blue herons, owls, red fox and turtles.

MOUNTAINTOP EXPERIENCE
The Mountaintop Experience at Minerals Hotel includes fishing, archery, kayaking and canoeing, as well as stand-up paddle boarding, hiking, swimming and sun bathing on our white sand beach! Let your adventurous side take over as you explore all the Mountaintop has to offer. Then, sit back on the beach and soak in the beauty and tranquility that surrounds you.
ARCHERY
Located adjacent to the fresh-water quarry at Grand Cascades Lodge, our newly built archery range showcases the finest in guided archery. A unique rustic log construction makes it an ideal place to take pictures and capture memories of your vacation. Bows, arrows and instruction provide.

1 Hour

FISHING
Discover the beauty of our unique fresh-water 100 ft. deep quarry at Grand Cascades Lodge. Stocked with trout, large-mouth bass, bluegill, chain pickerel, perch, rock bass and sunnys. Rods and bait provided. Our expert fishing instructors will teach you how to identify the various fish species.

1 Hour

ARCHERY & FISHING PACKAGE
Fishing, Archery, Corn Hole, Horseshoes and Bocce Ball.

FLY-FISHING
Designed for the serious fisherman, these guided excursions feature a mix of fly-fishing, spin and bait casting and jigging in an unforgottably picturesque stream, which has been stocked with over 3500 trout this season. Poles, waders and all other supplies are provided. Limited to 2-4 guests per session. Guests MUST have a valid NJ Fishing License AND Trout Stamp. Licenses can be bought online and printed at www.njfishandwildlife.com.

FARM ANIMAL VISITS
Join us for some good ol’ animal therapy! Local farm animals will visit The Resort to provide a bit of joy and happiness as you meet furry and feathered friends!
CROQUET
Subject to availability

OUTDOOR MOVIE NIGHT
Weather pending

TETHERED HOT AIR BALLOON RIDES
Weather pending

LAWN GAMES
Have an extra hour or two? Choose four lawn games to play with your group and have fun while passing time!

- Corn Hole
- Connect 4
- Yardzee
- Lawn Bocce
- Kanjam
- Molkky
- Jenga
- King Kubb
golf clinics + activities

FOOTGOLF
Experience the newest and most exciting crossover sport to hit the United States — FootGolf! FootGolf is 2 sports rolled into 1 and is played by kicking a soccer ball (on a golf course) into an oversized hole to score — with rules similar to golf. FootGolf takes just 2 hours to play 18-holes and the best part is, it can be enjoyed by all ages. FootGolf is perfect for a team Fundraiser Event or End-Of-The-Season Party. FootGolf is offered at Cascades and Minerals golf courses. Check out our website for FootGolf Rules at CrystalFootGolf.com.
AMERICAN FOOTGOLF LEAGUE ACCREDITED.

SWING N' SIP
Sample and savor what The Resort is known for with this new series... top-rated golf and award-winning wine! This activity includes: 45 minutes of instruction conducted by one of the golf professionals of The Resort Golf Academy, 3 holes of golf in scramble format on one of our spectacular Resort courses, wine sampling and an assortment of delicious hors d'oeuvres. (12 person minimum)

GLOW GOLF
Amp up your night on our 18-hole Natural Grass Putting Course by playing after dark with glow-in-the-dark balls and pin flags. Subject to availability.

PUTTING COURSE
More than mini-golf, our 18-hole Natural Grass Putting Course is maintained by the same crew that sees to our world class golf courses. Meandering in front of Grand Cascades Lodge with a running stream and beautiful native flora, this unique setting for a game of putt-putt will delight you.
½ DAY SCHOOL
Our half days schools are the staple of the Leadbetter Golf Academy Instruction Menu. Participants will spend 3 Hours with a Leadbetter Certified Instructor working on Full Swing or Short Game. Mini Schools Include V1 Video Analysis and Summary as well as Flight Scope Launch Monitor. A small class size ensures each individual will receive all of the attention they need to get on a path to achieve their goals.
{4:1 Student to Instructor Ratio. Minimum of 2 students required}

PLAY BETTER CLINIC!
A 45 minute to 1 hour clinic with a specified theme or subject matter. The instructor will briefly go over the theme with the group then walk the line as the group puts it to the test. These are generally geared around those who play the game a little and would like a private tune up before a golf outing or can be used as a breakout from a conference.
{16:1 Student to Instructor Ratio}

BEGINNERS CLINIC
A 45 minute to 1 hour clinic with a specified theme or subject matter. The instructor will briefly go over the theme with the group then walk the line as the group puts it to the test. These are generally geared around those who play the game a little and would like a private tune up before a golf outing or can be used as a breakout from a conference.
{16:1 Student to Instructor Ratio}

GOLF SIMULATOR
Don’t let Winter stop your golf game! The TruGolf Vista 8 Simulator features 15 courses; including Torrey Pines, Bethpage Black, Pinehurst #2 as well as a Practice Range.
seasonal activities

FARM TOURS
55 acre Operational Farm backed up to the Appalachian Trail in the scenic Vernon Valley which is less than 10 minutes from The Resort. Farm tour includes interaction with the following animals, but not limited to — rabbits, goats, chickens, pigs, alpacas, sheep, cows, baby calves, baby chicks, baby goats. All of the animals can be hand fed and during the hands on interactions, the farmer will educate the guests about each animal. Some fun things to do during the tour — collect eggs from free range chickens; give alpacas a bath; bottle feed calves, take the ducks for a swim or ride on a led horse or pony.

FARM TO TABLE TEAMBUILDING
At Crystal Springs Resort, we put an emphasis on Farm-to-Table dining. Now, your team will have the opportunity to become the chef, harvesting ingredients from our local farm and turning them into a feast. First, the group will meet with one of our esteemed chefs for a quick discussion about the activity. Then, a quick 5-minute shuttle will transport participants to a local farm for a brief orientation. The group will then go into the field and harvest ingredients for their assigned dish with assistance from the farmer and chef. Once all ingredients are harvested, the group will return to the Chef’s Garden to prepare their dishes. After 1 hour, each group will present and explain the dish prepared to the group, followed by all of the dishes served as a fresh farm-to-table meal. Availability: 2nd week in July through 3rd week in September. (12 person minimum; 20 person maximum. Weather permitting)

SNOWSHOE RACE
Our Snowshoe Race is the best way to experience any winter wonderland. Wearing snowshoes, you and your team will compete head-to-head on a snowy track to race to see who can travel the fastest to the finish line. A series of mini challenges and obstacles will be added to increase difficulty, strengthen teamwork and encourage coordination amongst team members. The possibilities are endless! This intense and physical challenge requires a combination of cardio, core strength, total-body conditioning and some serious mental stamina!

SLALOM SLED TEAM RACE COMPETITION
Challenge your team with this creative and dynamic program to build a functioning, human-powered sled! In this outdoor activity, teams will gather to design and build their own sled using only the materials provided. Sleds will be tested on the slopes and must be built to upstand the challenging slalom course teams will weave through to slide into victory!

WINTER OLYMPICS
Go for the Gold as teams compete in a series of fun winter activities. These could include:
- Snow Sculpting
- Ice Carving
- Broom Ball
- Ice Skating
- Skiing
- Snow Tubing
event add-ons

PHOTO BOOTH
Stocked with full props and photos printed on the spot for participants to take home as a keepsake.

TRIVIA GAME SHOW
Are you ready for some trivia? Play along with our professional game show host to answer trivia about fun, pop culture and company trivia! You will use high speed, engaging technology to answer the questions to ensure a professional, exciting experience. Make your own teams and determine who knows the most answers to take home the gold!

ACROYOGA CHALLENGE
AcroYoga is a blend of partner acrobatics, thai massage and yoga. In this class, you’ll learn to trust your own body and the community of acroyogis around you in a fun and friendly environment.
[1 Hour. 2 Instructors]
DJ / KARAOKE
Let us know what you need and we will bring the perfect DJ and entertainment.

JOHN GRAHAM THE MENTALIST
A different kind of magic . . . magic of the mind. Skill sets demonstrated include mind reading, predictions, people reading and telekinesis. These demonstrations are not just amazing, they are entertaining. Audience participation is a must. Find out why “For those who believe, no explanation is necessary, for those who do not believe, no explanation is possible.”

THE SUPER MAGICIAN SHOW
Mind blowing magic, hilarious comedy and a musical score that stimulates and inspires the audience. Featuring audience participation at its best and a completely original surprise ending that leaves the audience stunned, smiling and often on their feet applauding. Experience “The most fun you can have while being fooled!”

STROLLING MAGIC
Magic performed just for you, one on one. Imagine an event lighting up, with amazing miracles happening right in front of you, and even in your own hands. See the smiles and laughter of your guests as they enjoy their very own show and are brought together with other groups in shared amazement. Experience “A sleight of hand artist beyond compare.”
THE HIKE TO BEAVER LODGE
Enjoy a guided hike to the mountaintop lake where you will view an actual beaver lodge. This invigorating trek will provide a glimpse into the local flora and fauna.

COOKING WITH PLANT-BASED PROTEINS
Our Nutritionist will discuss the benefits of plant-based proteins, which tend to be lower in calories and fat but higher in fiber and essential nutrients. Demonstration, recipes and samplings.

JUICING — MYTHS, FACTS & FUN
Resident Nutritionist Taryn will give a talk on juicing. She will demonstrate healthy recipes and provide tastings.

AERIAL YOGA
Perform basic yoga positions while suspended from fabric “slings”. This form of yoga allows for more stability and lengthening of the spine, plus it’s great fun!

THE ART OF THE LOW CALORIE COCKTAIL
Our resident Mixologist will delight you with these beautiful & delicious low calorie cocktail options. Demonstration, recipes and samplings.

KETO TALK
Resident Nutritionist Mike will conduct this talk on the Keto diet, including discussing the debate over its potential benefits, potential harm and inconclusive study.
INTERMITTENT FASTING
Participate in this discussion of one of the world’s most popular diet trends. People are using it to lose weight, improve their health and simplify their lifestyles.

INTRO TO YOGA
For the benefit of beginners, learn breathing techniques, basic poses & variations for those still working towards better flexibility.

INTRO TO BOXING
We have more stress in our lives than ever before. This boxing class can help you manage stress and get those endorphins pumping!

INTRO TO MEDITATION
Take the first steps towards Mindful Meditation. We’ll show you how to start, feel better, reduce your stress and enjoy life a little more.

DIETARY SUPPLEMENTS & MUSCLE MASS
Resident Nutritionist Mike will present this discussion on training and the role of supplements in building muscle mass.

SPINNING TOUR OF SOUTHERN FRANCE
Motivate your indoor cycling as you virtually travel to the South of France.
REFLECTIONS SPA (AT GRAND CASCADES LODGE)
Reflections Spa provides spa aficionados a luxurious, full-service menu with a range of relaxing body and facial treatments. Red fire art glass design inspires throughout, with a stunning 8,000 quartz crystal ceiling containing healing powers from the earth illuminating your entrance into the spa.

ELEMENTS SPA (AT MINERALS HOTEL)
This award-winning spa incorporates the healing powers of the earth into its breathtaking design and rejuvenating services. A complete menu of massages, facials and body treatments are offered, featuring beneficial minerals from the earth.

*Ask your Sales Rep about a block of spa services for your staff*
**MYERS-BRIGGS TYPE INDICATOR (MBTI)**

The Myers–Briggs Type Indicator (MBTI) is an introspective self-report questionnaire with the purpose of indicating differing psychological preferences in how people perceive the world around them and make decisions based on four categories:

- **Extraversion - Introversion (E-I)**: Where you focus your attention
- **Sensing - Intuition (S-N)**: The way you take in information
- **Thinking - Feeling (T-F)**: The way you make decisions
- **Judgement - Perception (J-P)**: How you deal with the outer world

This workshop will provide valuable insight into how each team member prefers to communicate and make decisions based on their Myers Briggs personality types and profile. Mixed with open discussion, interactive activities, and a culminating debrief, teams will leave engaged, self-aware and equipped to understand the personalities of those on their team.

**TUCKMAN’S MODEL WORKSHOP**

In 1965, Dr. Bruce Tuckman, a renowned professor of educational psychology, presented a model called “Tuckman’s Stages of Group Development” outlining four phases that are necessary for any team to develop and grow:

1. **Forming**
2. **Storming**
3. **Norming**
4. **Performing**

Tuckman proposes that at any given time, a group finds themselves in one of these four stages. Using this model, we will take your group through a journey of introspection and group formation. This workshop provides managers, leaders and team members the tools to not only identify which stage teams are currently in but also how to be most effective while in that particular stage leading them to process and acknowledge inevitable conflicts and changes during group development, how to accelerate through the group stages with awareness and compassion for each other, and ultimately, how to improve overall team performance.

**5 DYSFUNCTIONS OF A TEAM**

Based on the book by Patrick Lencioni, this high-impact workshop helps teams improve in each of the five key fundamentals of a team — trust, conflict, commitment, accountability and results.

- Absence of trust — unwilling to be vulnerable within the group
- Fear of conflict — seeking artificial harmony over constructive passionate debate
- Lack of commitment — feigning buy-in for group decisions creates ambiguity throughout the organization
- Avoidance of accountability — ducking the responsibility to call peers on counterproductive behavior which sets low standards
- Inattention to results — focusing on personal success, status and ego before team success

**DISC ASSESSMENT**

The DiSC profile is a non-judgmental tool used for discussion of people's behavioral differences to improve work productivity, teamwork and communication centered on four behavioral traits — dominance, inducement, submission and compliance.

- Dominant — Direct, firm, a leader, results-oriented
- Influencing — Outgoing, talkative, optimistic, people-oriented
- Steady — Even-tempered, accommodating, patient, family-oriented
- Compliant — Analytical, organized, data-driven, detail-oriented

This workshop will help participants gain valuable insight into communication preferences and tendencies for themselves and others, as well as how to build trust-based relationships, prevent and manage conflicts, give and receive feedback and make better business decisions, all leading to increased productivity and improved morale.

**MOTIVATIONAL SPEAKERS**

Whether you are looking to achieve new goals, drive change or motivate your team, our motivational speakers aim to encourage, inform, advise and benefit our listeners. We offer a wide variety of speakers ranging from, but not limited to, communication professionals, sports persona and military men and women who come from all different walks of life and draw upon their unique life experiences to engage, empower, inspire & motivate people.