



MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)

32, CASA MAJOR ROAD, EGMORE, CHENNAI-08

P.G. DEPARTMENT OF SOCIAL WORK (SHIFT-2)

OUTBOUND TRAINING REPORT 2018 BATCH

Venue:	Mount Olive OBT Leadership Development Institute
Date:	22.2.2019- 24.2.2019
Faculty coordinators:	Prof. Priya Doris & Prof. Inian
Trainers:	Mr.Santiago & Ms.Sheena

The Outbound Training is a technique used to enhance the efficiency of students through Experiential Learning. In other words, taking the group of students away from the actual environment into the outdoors and are assigned some challenging task or activity that needs to be completed by them within a given time frame.

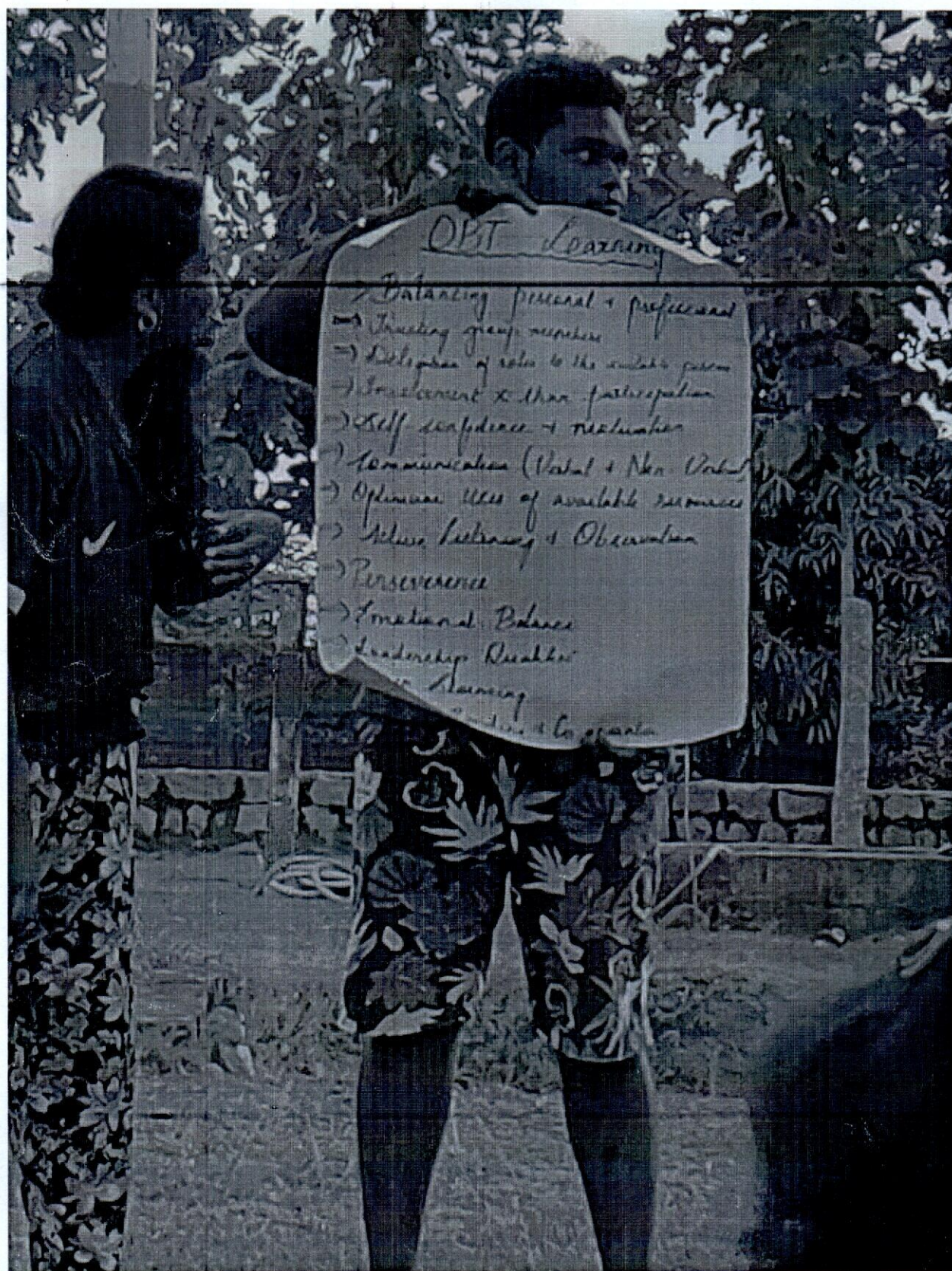
OBJECTIVE:

- To enable students learn team building and conflict management skills using OBT.
- To improve interpersonal skills by improving communication and cooperation.
- To acquire healthy attitude towards conflict and skills of conflict management.
- To build trust among team members and awareness.
- To acquire and improve leadership skills.

SUMMARY OF THE ACTIVITIES:

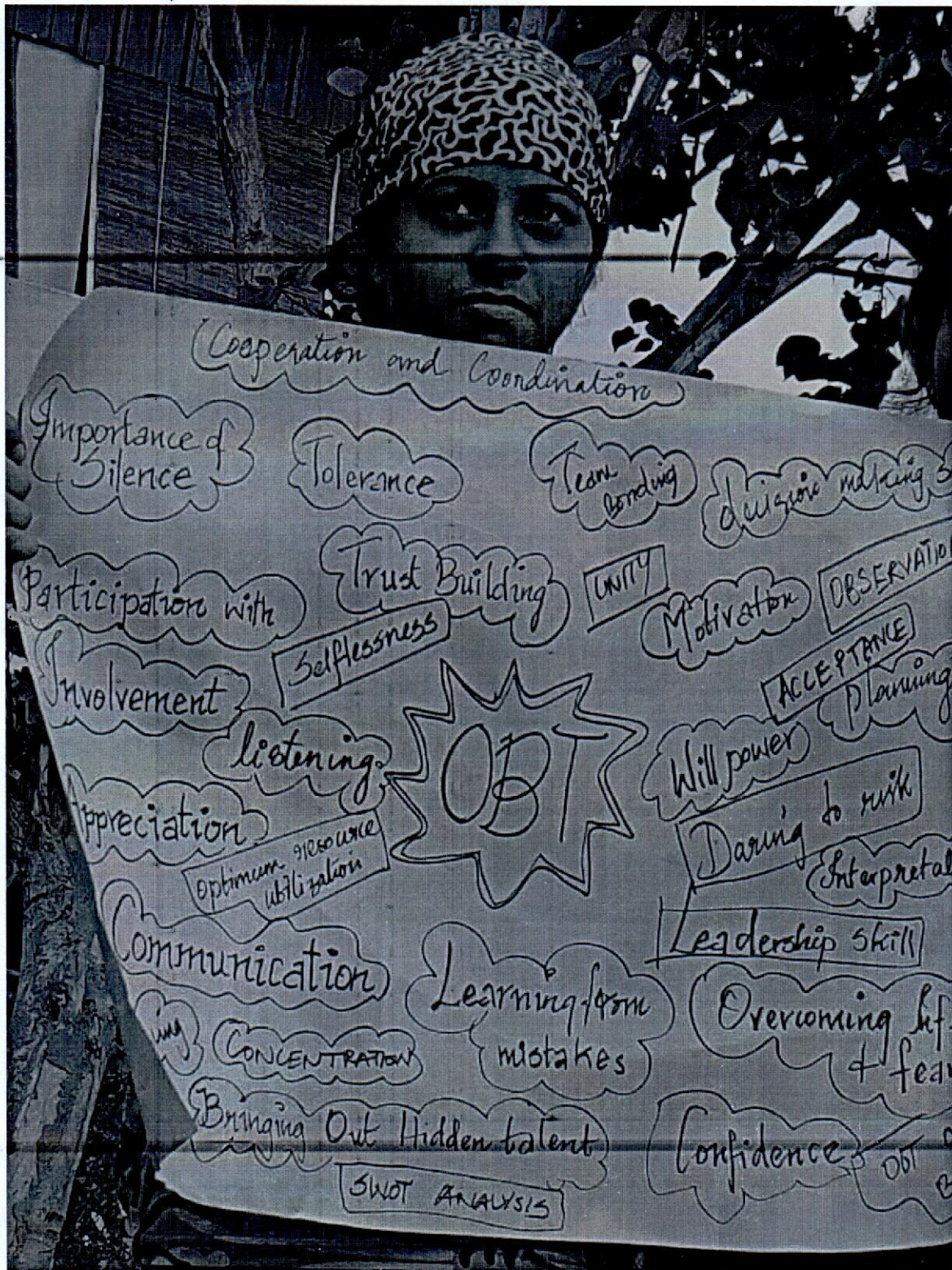
The first task was the basketball activity where the teams chose one member of the group to carry out the task. The next activity was about the expectation from the training session where all the students listed the skills which they wanted to improve and rated themselves. The sessions of the day were conducted by Trainer Ms. Sheena who started the day with an introductory activity where each of students had to describe themselves in 5 words and pass on the ball to next random person. The teams were then asked to compose a small song with a social message. All the teams formed the songs and performed it one by one which was so much fun and thoughtful. Then all the students played baba baby boo where they got opportunity to shared the biggest achievement with others. The next activity was dodge ball where the teams played both on the defending and attacking sides. The teams played with a healthy spirit and maintained sportsmanship. All the trainees then gathered in the stone bench for a reflective session on the learning's of the day.





OPT Learning

- Balancing personal + professional
- Trusting group members
- Delegation of roles to the suitable person
- Investment & their participation
- Self-confidence & motivation
- Communication (Verbal & Non Verbal)
- Optimum use of available resources
- Active Listening & Observation
- Perseverance
- Emotional Balance
- Leadership Qualities
- Planning
- Initiative & Cooperation



LEADERSHIP & TEAM BUILDING

OUT BOUND TRAINING

LANGUAGES : TAMIL / ENGLISH / HINDHI



Learning simplified

**Venue:-
Mount Olive OBT
Othivakkam, India**



MOUNT OLIVE OBT LEADERSHIP DEVELOPMENT INSTITUTE

MOUNT OLIVE OBT,

OTHIVAKKAM \ CHENNAI \ INDIA.



OUT BOUND TRAINING (OBT)

<http://www.mountoliveobt.com/gallery.html>

ABOUT OUTBOUND TRAINING (OBT)

In fast changing today's modern world of business, the corporate organisations require result oriented individuals who can think smartly, take decisions/actions swiftly and have great interpersonal/team building skills.

This outbound training program is aimed at helping participants understand critical elements of **LEADERSHIP and TEAM BUILDING**. These qualities are more effectively developed in an experiential setting than through classroom training.

Outbound programs have been found to be particularly effective in areas that involve interpersonal relationships, trust and bonding, communication of shared vision and goals, motivation, behaviour modification in response to change, and personal effectiveness.

These programs are usually conducted in wilderness sites (outdoor camps) far removed from hustle and bustle of city life. In a tranquil and informal environment, up close with nature, people are found to become more introspective and uninhibited, paving the way for a complete and effective learning process. After spending couple of days in an outdoor situation, team members tend to bond together in a way that is impossible in an urban office atmosphere with its attendant worries and stress.



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Additionally, in unfamiliar environments and unpredictable situations, stretched beyond their normal comfort zones, people tend to lose their inhibitions, shed their masks and become more receptive to learning. In the environment thus created, it becomes possible for an experienced facilitator to identify strengths and problem areas, and suggest new coping behaviour.

Out-Bound Training (OBT) consists of a wide variety of activities, both physically and mentally challenging. Team dynamics like communication, problem solving, decision-making and managing change come into focus during these periods.

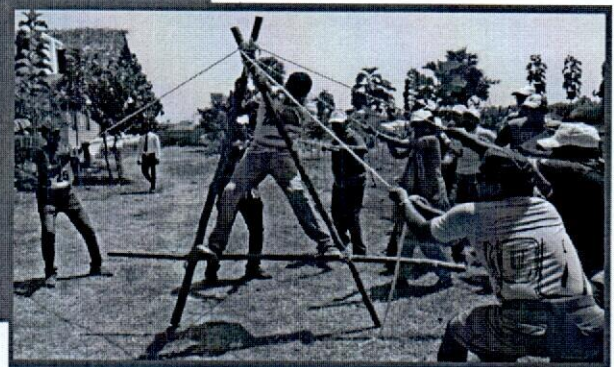
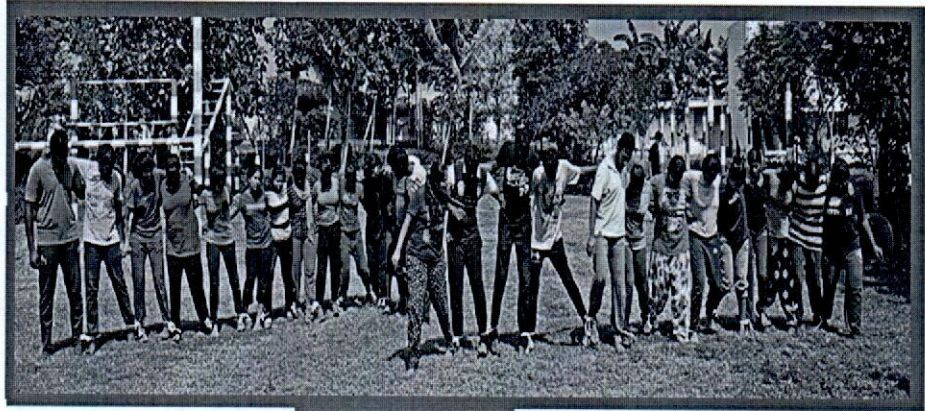
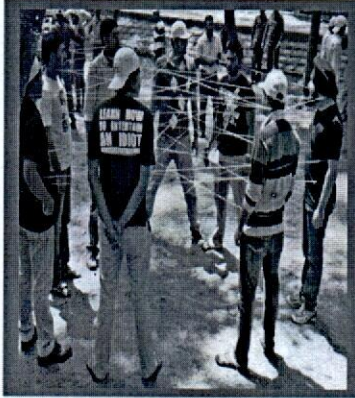
The most prominent benefit of this kind of training is team bonding and self confidence building of individuals. These activities help develop, sharpen and fine-tune the behavioral skills and qualities of an individual and also mutual trust and understanding between members of a group.

The training helps to generate fresh ideas and better attitudes, and acts as a trigger to reconsider existing work related attitudes. It helps them venture out of the comfort zone all the while boosting the team spirit..

All the team building activities / challenges have been designed to improve working relationships in a fun and informal way. One's own experience serves as a learning tool and the participant gets a powerful insight in to his own behaviour as well as his team.

It has been repeatedly proven that the participants in a well-designed out-bound program always find the experience memorable with significant learning which is also long lasting.

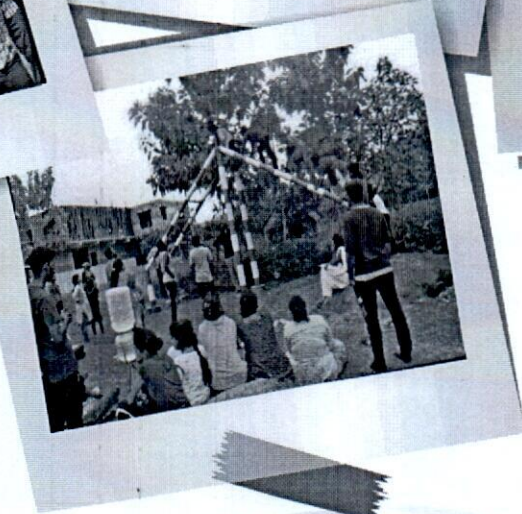
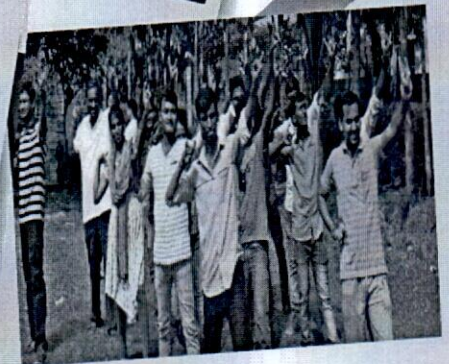
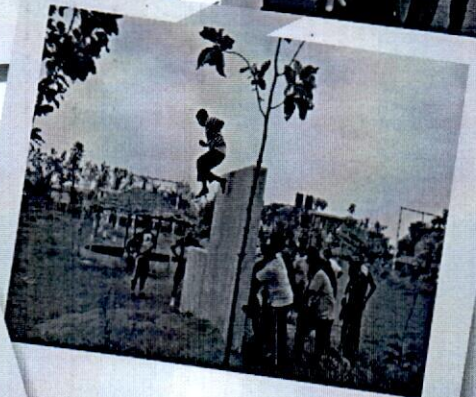
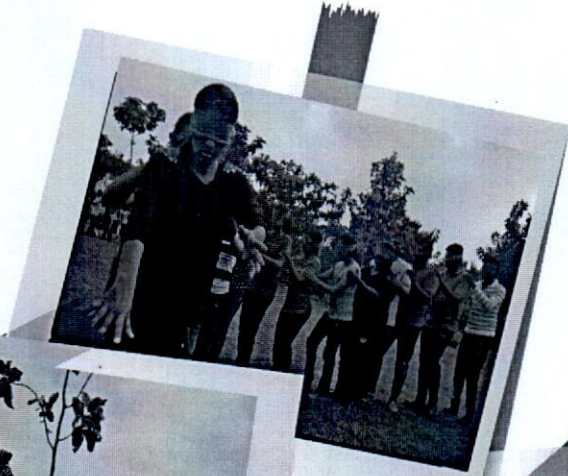
ACTIVITIES



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ACTIVITIES



USP OF MOUNT OLIVE OBT

Location is an advantage, as it is located under a mountain, trekking is combined. Closer to city. Natural environment surrounded by lush greenery and variety of pet animals which will make one to feel with natural living.

Powerful Debriefing Sessions:- As the trainers are from HR background, able to connect the games with their work place situation. Intervention during deliberations help individuals to get a trigger from others and get an awareness about their behaviour patterns.

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Trainer Profile : SANTIAGO

Santiago has worked in CRPF prior to HR where he has undergone 12 months defence's paramilitary training and was engaged in counter terrorism during 1987-89, black thunder operation in Punjab. Worked in HR & Training in Hindustan Lever, Kone Elevator, TI Diamond Chain, TI Cycles and Ambadi group companies of Murugappa group between 1991-2000. Since 2001 he has established his own venture "ISEO SYSTEM Pvt.Ltd", which has been involved in Training, Recruitment and staffing. This is also an ERA Award Winning Company. Mount Olive OBT is a venture of his, Where the Team conducts Out-Bound Training for Corporates and various institutions in Mount Olive (premises of ISEO).

He holds a HR Post graduate degree from LOYOLA COLLEGE, Chennai - 1991: B.L from Madras Law College, 1994 and PGDBM from LIBA, 1997. He has been involved in ISABS Process training (Indian Society for Applied Behavioral Science) since 1998 and has been trained by Dale Carnegie Institute On "Train the Trainer". He has been trained by Dr. Udai Pareek who is considered as father of HRD, on Team Building. He was a participant of Indian delegates to USA for SHRM conference in Las Vegas. He has anchored several TV programmes and is passionate about Leadership Development. So far he has conducted OBT for 85 batches from different institutions

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