

Myers-Briggs Type Indicator

WHAT IS IT?

Camp Thompson and the Carlisle Family YMCA now offer the Myers-Briggs Personality Assessment for our corporate teambuilding groups. We have recently added this assessment to compliment our visitor groups teambuilding experience. With the MBTI assessment you will receive the assessment,



your individual results, group results, and a one to two hour facilitation for explanation and experimentation of the findings. This group exercise will be done in an active and open setting that is completely voluntary. The teambuilding exercises done during this time frame will allow the group to explore their similarities and difference in a fun and interactive way while learning about each other and themselves.

WHAT DOES IT DO, AND HOW DOES IT HELP?

The MBTI or Myers-Briggs Type Indicator increases self awareness and group dynamics. The indicator helps each participant understand why they react the way they do to certain tasks, people, or situations. It will also make them aware of how and why the group reacts to them in certain situations. In addition the MBTI explains the ways in which each group member works the best, learns the most, and what roles are their strengths and which are their weaknesses. This assessment can be invaluable in management teams, project teams, or any group of people working together for any period of time. By being aware of one's strengths and weakness as well as their learning and speaking style they are able to then use this information to further their career or advance a project. This assessment is useful in groups by helping to bring about understanding, cooperation, and identifying unknown resources within a group setting.

Your Site Teambuilding

WHAT IS IT?

Camp Thompson and the Carlisle Family YMCA have been providing off-site teambuilding for years in and around Carlisle. Off-Site teambuilding is when staff from Camp Thompson come to your place of work and hold a teambuilding session for your group. These sessions last anywhere from one hour to half days. The staff are knowledgeable, insightful, and fun. They can do sessions with five to thirty people at a time. In addition we can work with you to develop the type of teambuilding session you want for your group. We can focus on communication, problem solving, leadership, trust, or respect. In the session we would bring all the equipment and staff so all you have to do is enjoy yourself with your group. Each teambuilding exercise will end with a debrief in which members get to share and explain the exercise they just went through in a safe and responsive environment.

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Off-Site teambuilding offers a few advantages, one is because it is at work so no one has an excuse not to participate. The second is that it allows participants to relax and let their guard down in a comfortable environment. It is one thing to speak openly in a place you have never been before and never will be again, but the first step in making change is making change in your environment. Teambuilding can help in a number of ways but the most profound is by opening up communication, beginning a trust base, and learning something about each other that we would not otherwise get from daily office talk. In this way your group can create a more open environment in which teams, co-workers, management and non management members can feel respected, listened to, and valued.



Our Site Teambuilding

WHAT IS IT?

Our site teambuilding is on site at Camp Thompson. Camp Thompson is only twenty minutes outside of Carlisle in Michaux State Forest. It is equipped with a high and low ropes course and has a dining hall, bathhouse, and ten new cabins. On site teambuilding can be done April thru November and offers a unique experience while on site groups can climb the Alpine Tower or ride the Giant Swing. Both elements require a team effort to accomplish. In addition we have a newly expanded ropes course with over 10 low ropes elements that will fully push your team to the limit. Unlike with our other teambuilding services we can accommodate much larger groups and can handle up to 100 participants a day. We can customize your teambuilding experience to meet your needs in most cases. In addition to the ropes courses we also have many other leisure activities available for a fun day out of the office.

WHAT DOES IT DO, AND HOW DOES IT HELP?

On-Site teambuilding allows groups a chance to relax and get away from daily office life and enjoy one another's company. It also removes any institutional barriers that may be holding back true and open communication between group members. This will allow for a great experience while opening doors to improved team work and problem solving. Teambuilding can help in a number of ways but off site teambuilding can make huge steps in communication. In addition

many of your group members will experience a boost in confidence as they watch themselves and the group conquer problems and fears that they never thought possible. The safe, encouraging, and back to basics environment created at Camp Thompson is an experience not to missed.

