



Kids of Nature

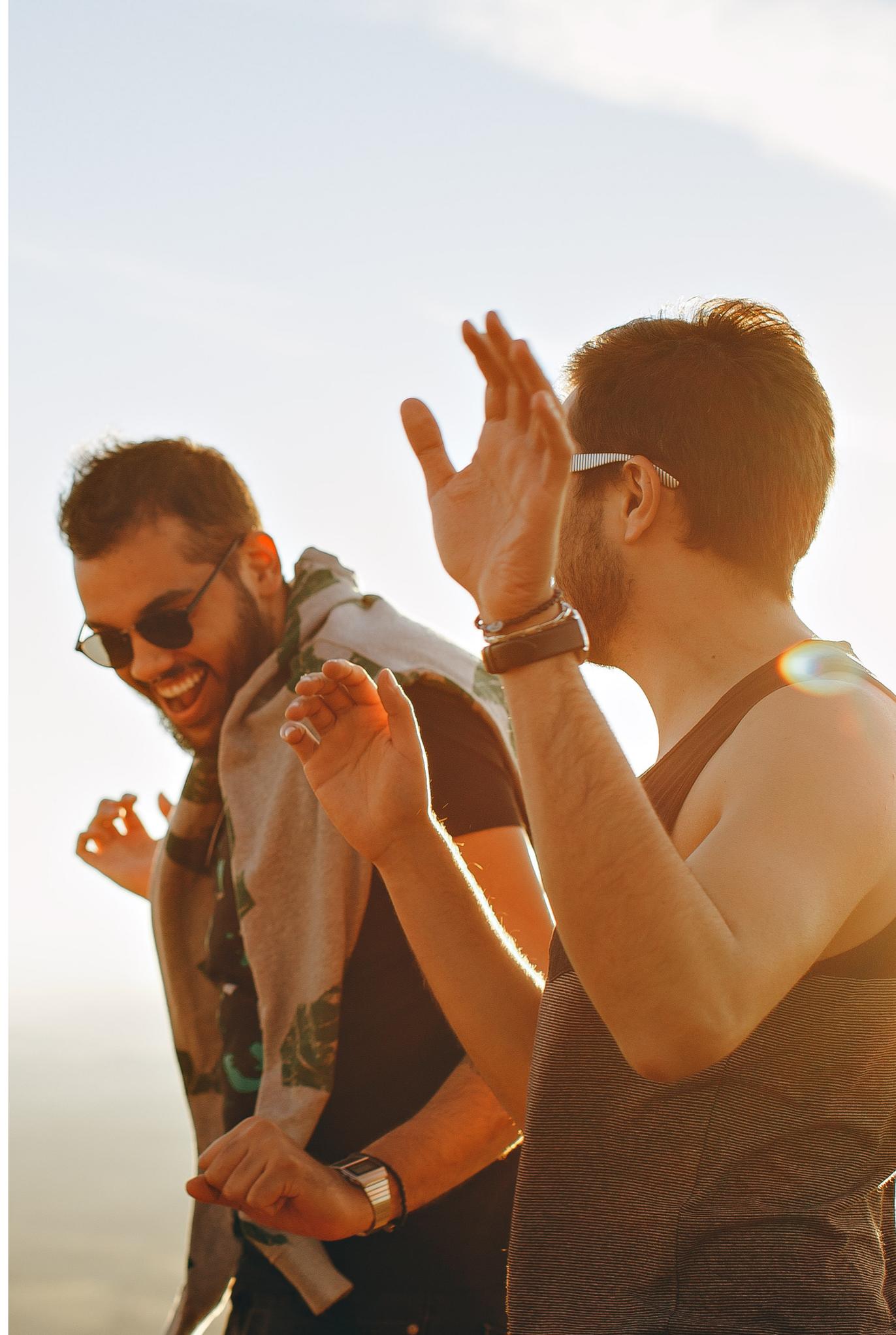
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# Team Bonding

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# Team Bonding

Non-Competing time in nature to enhance team performance and business growth in a mindful way.





# Designed for businesses facing today's challenges

- Tired, overworked, overstressed executives
- Demotivated, underperforming employees
- Moving from diversity to inclusion
- Motivation and retention of human capital in core competence areas
- Shift from compliance to commitment
- Inspire key executives to outperform
- Respond to executives' need for balance, passion, and purpose



# How does it work?



We set-up a meeting with the head of the HR department and/or Line Manager(s) so that we can assess the business' challenges and expectations, but also get to know the key players and familiarise ourselves with the company culture;



Each member of the participating team will receive a questionnaire to fill-in;



Based on the outcome of this meeting we will design a bespoke Team Bonding Programme for the participating team(s);



Our Team Bonding Programmes

- Range from 1 to 5 days
- Are facilitated by a specialist coach
- Take place near Cape Town, Johannesburg, or further afield depending on what works for the business and its team(s).



# Let's team up!

HR and line-managers are facing many challenges and do not always have the time nor the resources to guide employees beyond their field of expertise.

This is where Kids of Nature comes in. We propose bespoke outdoor Team Bonding Programmes as a means of investing in your business and the individuals who carry it.

We know the ideal places in nature and work with expert facilitators and coaches to help teams to connect with nature, themselves, their colleagues and ultimately, their company.

If you feel that team bonding with Kids of Nature can improve your team's coherence, and as result increase your business' performance, I invite you to an introductory conversation, so that we can discuss possible ways of working together.

Yours in Nature & Team Bonding,

Petra Vandecasteele  
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*“When it comes to retention, employees of the 21<sup>st</sup> century wish to work for companies that offer them balance, passion and purpose in their jobs.” – Deloitte & Touche (Global Human Capital Trends Report)*

*“One cannot compete in the market place if we don't have cooperation and development in the workplace.” – Frank Horwitz, Director of the Graduate School of Business*

How about creating loyalty by focusing on what really matters? Engaging and connecting people is at the very core of our bespoke solutions. Let's talk and design a Team Bonding Programme that works for your company.

[www.kidsofnature.com](http://www.kidsofnature.com)



# Who is behind Kids of Nature?

## **Petra Vandecasteele, Founder & Concept Developer**

I found that spending mindful time in nature allows us to temporarily remove ourselves from the constant stream of stimuli to give our mind and senses the stillness we need and deserve. It offers the opportunity to reflect on life and work, and to gain fresh insights, and as such, helps to stay balanced versus losing oneself in stress and burnout. I use nature as a catalyst to nurture meaningful relationships between colleagues and business partners.

In 2013 I founded Kids of Nature, a lifestyle and travel company for 'grown-ups' that focuses on mindful living. Previously, I worked as a consultant for high profile corporate clients such as Anglo-American and Distell, as well as international organisations such as the EU and USAID. I am also the author of the coffee table book 'In Celebration of Fynbos' [published by Struik, with foreword by Valli Moosa, former minister of Environmental Affairs & Tourism and President of IUCN] and was a regular contributor to leading South African magazines.

My way of working is based on personalised, preferably face-to-face interactions.



# Who is behind Kids of Nature?

## **Amber Van Gool, Lifestyle Ambassador**

For me it is essential to create a safe space away from the office, where the Operations Manager can just become Derek again or the Marketing Manager feels free to just be Lisa. A place where people can drop their job titles and connect with each other for who they are, under the guidance of an experienced facilitator who holds that space.

I have experienced many classic team building programmes; from one forced activity to another, causing awkward moments. When I joined Kids of Nature in 2018 after a one-month adventure in the wilderness with my family and organised by Kids of Nature, I realised just how important a catalyst nature is to genuinely bond as a group.



## **Some of the experts we work with:**

**Herbert Brauer** (Johannesburg) – Facilitator & Transformative Coach known from the award-winning National Geographic wildlife documentary ‘The Last Lioness’

**Alice Ashwell** (Cape Town) – Life Coach, Facilitator & Educator

**Gilliyann Carter-Morgan** (UK) – Leading UK Sports & Massage Therapist for Humans & Horses

